

în general a organizației și a mediului de lucru în special, cu participarea activă a angajaților.

Politicile naționale de sănătate și securitate la locul de muncă și instituțiile de sănătate publică, angajate în dezvoltarea și promovarea unor bune practici de sănătate la locul de muncă, contribuie la dezvoltarea economică și socială durabilă.

Concluzie

Promovarea modului sănătos de viață și implementarea programelor europene în Republica Moldova trebuie să acopere și implementarea indicatorilor de sănătate ECHI (*European Core Health Indicators*), ce ar permite îmbunătățirea condițiilor de muncă ale angajaților din republică și racordarea legislației naționale la cea europeană. Indicatorii de sănătate, în particular **indicatorii de promovare a sănătății**, sunt aplicabili în mai multe domenii ale politicilor relevante.

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THE HEALTH EDUCATION OF PALLIATIVE CARE MEDICAL PROFESSIONALS TO PREVENT OF PROFESSIONAL BURNOUT SYNDROME

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Rezumat

Educația pentru sănătate a profesioniștilor din domeniul îngrijirilor paliative, pentru a preveni sindromul de epuizare profesională

Articolul abordează modul de îmbunătățire a stării de sănătate a specialiștilor de îngrijiri paliative și a medicilor de familie implicați în îngrijirile paliative din Ucraina prin includerea în curriculumul de formare postuniversitară a subiectelor privind promovarea sănătății, sănătatea mintală și abilitățile de comunicare.

Cuvinte-cheie: îngrijiri paliative, medici de familie, sindromul de epuizare profesională

Резюме

Улучшение здоровья работников паллиативной помощи для предотвращения синдрома профессионального выгорания

В статье рассматривается способ улучшения здоровья специалистов паллиативной помощи и семейных врачей, участвующих в паллиативной помощи в Украине, путем включения в постдипломной программе тем укрепления здоровья, психического здоровья и навыков общения.

Ключевые слова: паллиативная помощь, семейные врачи, синдром профессионального выгорания

Introduction

In Ukraine, as well as in the most European countries an urgent problem of the prevalence of chronic non-communicable diseases and behavior risk factors among health specialists is rising. Features of the profession of physicians are permanent responsibility for the patient's life and health, mental and physical underloading, exposure to biological and physical factors etc. These and behavior risk factors lead to the harmful and dangerous effects on health of medical specialists [1-6].

During the last 30 years the problem of medical professionals' health maintaining and strengthening is one of the most critical problems in Ukraine and around the world, including detection and prevention of professional burnout syndrome. Various sources operate multiple definitions of this condition, such as "psychological burnout syndrome", "chronic fatigue syndrome", "occupational burnout syndrome", "emotional burnout syndrome" or "informational neurosis" [7-12].

According to research of V. Gorachuk (2008), the morbidity of physicians in Kyiv is growing annually about 5%, including hypertension, angina pectoris, myocardial infarction, cerebrovascular disease, dystonia, diabetes mellitus, rheumatoid arthritis, dermatitis, mentality and behavior disorders. Analysis of physicians' morbidity nosology structure shows the stressful origin of most of the above diseases. About 30% of obstetricians and 21.1% paediatricians in Kyiv health facilities perform their professional functions in a state of "emotional exhaustion" [13, 14].

Therefore, the problem of professional burnout syndrome of physicians, including hospices and palliative care employees, and the studying of the way to improve medical specialists' health by enhances preventive approaches towards providing health education and health promotion methods is the subject of study Ukrainian researchers in recent years and is the goal of our research.

Materials and methods of the research

We used such methods of the research as semantic evaluation of scientific literature, statistic documents, systematic and logical structure analysis, content analysis of physicians' postgraduate education curricula.

Results

Today the problem of timely detection, prevention and effective treatment of syndrome of the professional (emotional) burnout of medical specialists, including physicians in Palliative and Hospice Care facilities, takes a special place in public health of Ukraine.

Patients in hospices and palliative care departments are aware of the incurability of their disease and understand their inexorable quick death. A palliative and hospice care in addition to purely medical procedures contains a major component of the palliative patients' professional care, psychological support and a range of social activities related to the incurable patient and their family members. In particular, it is high lethality and specificity of incurable patients, especially in hospices and departments of palliative care, where the majority of patients are in the terminal stage of the disease that is a special mental and emotional overload on the medical specialists. Palliative patients become withdrawn, or vice versa - require constant communication, and sometimes become extremely capricious often. Daily hospices and palliative care departments' medical staffs faced with the death of patients, see the family grief. Of course, they working over the years in this area have a certain "resistance" to the death. However, it is impossible to find anyone in the world who would stated accustomed to death. The professional burnout syndrome development is dependent on personal qualities of the medical specialists: willingness to help, be fit, comfort the patient and save him. Often, the deadly patient causing long distress of the medical staffs that leads to the development of their depression, disappointment in yourself as a specialist [15-22].

However, the problems of the professional burnout syndrome in medical specialists involved in Palliative and Hospice Care, despite their obvious, are investigated still insufficiently. After all, the medical personnel providing palliative and hospice care is "at risk" for the development professional burnout syndrome, such as they provided the health service of incurable patients have a constant stress, significant emotional and physical burden, responsibility, intense rhythm of work and uncertain success criteria (because the patient has no chance of recovery). Much of the medical staff left palliative care sphere

after several years of working due to the negative impact of occupational stress on all aspects of their lives [15-22].

According to the results of our researches, in Ukraine almost 500 thousand palliative patients and nearly 1.5 million of their families' members need of palliative and hospice care annually. Today in Ukraine there are 40 Palliative and Hospice Care facilities, which deployed about 1,400 beds for palliative patients, which is three times less than the WHO standards. Hospitals do not want to hospitalize incurable patients, so over 85% of patients die at home under the supervision of GP-family physicians, oncologists, geriatricians, psychiatrists and other professionals, so essential a multidisciplinary approach for Palliative and Hospice Care on an outpatient basis. This involves the need to implement under- and postgraduate training of family physicians on issues of palliative and hospice care [23-26].

There was opened the Department of Palliative and Hospice Medicine in Institute of Family Medicine of the National Medical Academy of Postgraduate Education named P. Shupik in Kyiv, Ukraine, in December 2009. During this time, more than 1.5 thousand medical specialists were training.

Given the above, in the Postgraduate Palliative and Hospice Care Training Curriculum we paid much attention to mental health improving, valeology (health education/promotion) issue, communicating skills improving, the methods of promoting and sustaining of physicians' health by adherence of a healthy lifestyle, and detection and prevention of the professional burnout syndrome.

The results of the questionnaire of our students, enrolled in the Department of Palliative and Hospice Medicine, showed a great interest and importance to them in knowledge and skills on prevention of the professional burnout syndrome using the methods of valeology, psychological and emotional relief, adherence a healthy lifestyle.

Conclusions

Therefore, the professional burnout syndrome in palliative and hospice care medical specialists is a major challenge for Public Health Care System of Ukraine. The professional burnout syndrome result of reduced the quality of work, increasing conflict in the workplace and employee turnover.

It is important to include in the postgraduate training curriculum for palliative and hospice care specialists and family physicians involved in palliative and hospice care the topics on valeology (health education/promotion) issue, mental health and communicating skills improving, the methods of promoting and sustaining of physicians' health by

adherence of a healthy lifestyle, and detection and prevention of the professional burnout syndrome.

The health saving and promoting, diseases preventing, diseases incidence, disability and mortality reducing, preventive component of medical care quality and effectiveness improving for palliative and hospice care medical specialists should be the Ukrainian Ministry of Health priorities.

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RISCURILE PROFESIONALE ALE PERSONALULUI MEDICAL DIN INSTITUȚIILE MEDICALE DIN REPUBLICA MOLDOVA

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Summary

Specific diseases for health workers in Moldova

One of the most important problems faced by employees in the workplace is risk factors and specific illnesses. In order to determine the particularities of illness for doctors in Moldova, a study was conducted based on surveys of 180 for 4 categories of health workers (45 therapists, 45 surgeons, 45 nurses care units and 45 nurses from surgical wards) from three medical institutions: Municipal Clinical Hospital "Sfânta Treime", The Republican Clinical Hospital and Clinical Hospital Cantemir. Pathology with the highest weight for medical staff in Moldova is gastrointestinal pathology followed by acute respiratory infections. They are caused by nervous stress and intense physical strain.

Keywords: occupational diseases, medical workers, pathologies of the gastrointestinal tract, acute respiratory infections

Резюме

Профессиональные риски сотрудников медицинских учреждений Республики Молдова

Одна из самых важных проблем, с которыми сталкиваются сотрудники на рабочем месте, это факторы риска и профессиональные заболевания. Для определения особенностей болезни для медицинского персонала в Молдове, было проведено исследование на основе опросов 180 врачей из 4 категорий (45 терапевтов, 45 хирургов, 45 медсестер в терапевтических

отделениях и 45 медсестер в хирургических отделениях) из трех медицинских учреждений: Городская больница „Sfânta Treime”, Республиканская клиническая больница и районная больница г. Кантемир. Самыми распространенными среди медицинских работников Молдовы являются желудочно-кишечные патологии и острые респираторные инфекции. Они вызваны нервным стрессом и интенсивной физической нагрузкой на работе.

Ключевые слова: профессиональные заболевания, медицинские работники, патология желудочно-кишечного тракта, острые респираторные инфекции

Introducere

Problema securității și sănătății în muncă pentru personalul medical se impune tot mai mult în ultimii ani pentru medicina socială. Actualitatea temei este determinată de numărul mare de factori de risc în activitatea cadrelor medicale, care favorizează apariția bolilor profesionale în rândul personalului.

Astfel, studiul privind particularitățile factorilor de risc în activitatea lucrătorilor medicali reprezintă o deosebită însemnătate și actualitate.

OMS estimează că în fiecare an, la nivel global, practicile nesigure de injectare duc la 20 de milioane de infectări cu virusul hepatic B, 2 milioane cu virusul hepatic C și 260.000 cu virusul HIV [1].

Un studiu efectuat în SUA, în anul 2000 [4], arată că de boli grave ale coloanei vertebrale suferă 182 din 10.000 de asistente medicale și 90 din 10.000 de medici.

Studii efectuate în SUA au demonstrat că problemele de sănătate specifice, cauzate de acești factori de risc, pot include [32]:

- stresul – 29,4% din personalul medical suferă de această problemă;
- epuizarea – 36,2% din angajații din sectorul sanitar suferă de epuizare severă;
- anxietatea – 11,4% din lucrătorii sectorului sanitar suferă de anxietate;
- iritabilitatea – 15,2% din lucrătorii sectorului sanitar suferă de iritabilitate;
- depresia – 32% din lucrătorii medicali au raportat sentimente de depresie.

Scopul studiului este studierea factorilor de risc profesionali care contribuie la apariția bolilor profesionale la personalul medical ce activează în instituțiile medico-sanitare publice spitalicești.

Obiectivele urmărite sunt:

1. Studierea riscului profesional în activitatea personalului medical la nivelele național și mondial.
2. Determinarea factorilor de risc profesionali care contribuie la apariția bolilor profesionale la angajații ce activează în instituțiile medico-sanitare publice spitalicești.
3. Determinarea bolilor profesionale caracteristice personalului medical ce activează în IMSP spitalicești.
4. Elaborarea măsurilor de prevenire și combatere a factorilor de risc care contribuie la apariția bolilor profesionale la lucrătorii din sfera medicinei.