

Jędrzejkiewicz Bernadeta, Ogórek Marlena. Nursing care of patients with disability in the sheltered workplace - a case study. *Journal of Education, Health and Sport*. 2019;9(9):38-41. eISSN 2391-8306. DOI <http://dx.doi.org/10.5281/zenodo.3372347>
<http://ojs.ukw.edu.pl/index.php/johs/article/view/7295>

The journal has had 7 points in Ministry of Science and Higher Education parametric evaluation. Part B item 1223 (26/01/2017).
1223 Journal of Education, Health and Sport eISSN 2391-8306 7

© The Authors 2019;

This article is published with open access at Licensee Open Journal Systems of Kazimierz Wielki University in Bydgoszcz, Poland
Open Access. This article is distributed under the terms of the Creative Commons Attribution Noncommercial License which permits any noncommercial use, distribution, and reproduction in any medium, provided the original author (s) and source are credited. This is an open access article licensed under the terms of the Creative Commons Attribution Non commercial license Share alike.
(<http://creativecommons.org/licenses/by-nc-sa/4.0/>) which permits unrestricted, non commercial use, distribution and reproduction in any medium, provided the work is properly cited.

The authors declare that there is no conflict of interests regarding the publication of this paper.

Received: 05.08.2019. Revised: 15.08.2019. Accepted: 20.08.2019.

Nursing care of patients with disability in the sheltered workplace - a case study

Jędrzejkiewicz Bernadeta¹, Ogórek Marlena²

¹PhD student, Department of Family Medicine and Environmental Health, Faculty of Health Sciences, Medical University of Lublin, <http://orcid.org/0000-0002-2262-2551>

²PhD student, Department of Pediatric Nursing, Faculty of Health Sciences, Medical University of Lublin, <http://orcid.org/0000-0001-9937-2274>

Abstract

The worldwide beginner of the occupational healthcare was an Italian physician who lived at the turn of seventeenth and eighteenth century. The establishment date of occupational health care in Poland is 1953. The main aim of occupational health services is to protect health of workers from the adverse effects of the working environment on the health of employees. The tasks of occupational health services may be performed by a nurse. In this study, a case of a 58-old man with moderate disability employed in a sheltered workplace is presented.

Key words: disabled worker, sheltered workplace, nurses role, nurse of occupational health care

Admission

The creator of occupational medicine is being considered to be living at the turn of the seventeenth and eighteenth century, an Italian physician Bernardino Ramazziniego. Already, during his studies at the University of Parma he drew attention to the diseases that affect employees. His observations and conclusions gathered in his *De Morbis Artificum Diatriba*

(Diseases of workers – authors translation) issued in 1700 in Modena. Each chapter of the book typically covered a description of the related disease to a specific position, together with the jobs analysis, preventive measures, advice and instructions [1]. The emergence of the term occupational medicine and its origins are linked with the meeting of the International Committee of Occupational Diseases and Health at Work, which took place in London in 1929. The beginning of the statutory health care of workers in Poland is considered the date of the Regulation of the Minister of Health dated 7 February 1953. Then, an industrial healthcare was established, and its organizer and director was a physician Henryk Goździk [2].

Occupational health service

The aim of occupational health services is to protect health of workers from the adverse effects of the working environment on the health of the employee and the exercise of preventive health care and health checks. An important element of occupational health services is to provide information on risk reduction training. The tasks of occupational health services are carried out by properly trained doctors, nurses and psychologists. Occupational health service in Poland and the qualifications of those persons is governed by the Act on occupational medicine service of 27 June 1997 and Regulation of the Minister of Health of 13 September 2011 on the tasks of occupational medicine, the exercise of which by non-doctors requires additional skills. According to the Regulation of 13 September 2011, the tasks of occupational health services may be performed by a nurse [3],[5].

Case study

Person covered by nursing in sheltered workshop was a 58 - year old man with a decision on a moderate degree of disability. He worked as a seller. He had vocational education. The employee worked in a sheltered workshop. It is a place whose purpose is to provide people with disabilities appropriate work, medical care and rehabilitation [4].

Health problems that occurred in the employee, and because of which he had a certificate of disability is a degeneration of the spine and chronic nephritis.

Characteristics of the job - the seller:

In order to familiarize the tasks that employee performs every day the characteristics of the job has been presented. The task of the seller is the retail sale of various products to individual customers. Seller may sell different products. There are for eg. seller of sausage meat and sausage products, food products, fruit and vegetable products, fish products, works of art, industrial products, etc.

The basic obligations of sellers include: worksite preparation, preparation of goods for sale, for example exposing them on the shelves, the site, the appropriate visibility of the goods to their advertise, current replenishment of goods on the shelves, protecting goods from damage, theft, providing customers with additional information about sold products, customer service (including packing of goods, taking receivables etc.), receiving complaints, caring the cleanliness and safety of the workplace. In addition, the seller may: receive ordered goods (check if the quality and quantity of ordered goods is suitable), keep records of demand for individual goods, order merchandise, act as manager of the point of sale, point of sale operate accounts. At worksite, a seller requires the following features and abilities: communication, divided attention, responsibility, efficiency of the osteoarticular and muscular system, the efficiency of the eye. Among the risks associated with the work of seller stand out: physical factors, such as: fall on the same level, fall at different levels, hit by a falling object, slip, stumble, hitting the elements of shop equipment, sharp features, climate, electricity, fire.

Among the chemical agents: agents and chemicals that are equipping shop, cleaning agents and preparations. Psychophysical factors are: static load, dynamic load, stress, aggressive customers [6], [7], [8].

Threats to the locomotor system

Frequent and prolonged stay in an uncomfortable position, for example during the low commodity lining shelves, as well as the performance of duties of support for the staff at the checkout creates a static loads acting on the bone and muscular system. Similar threats resulting from dynamic loads, however, are related to the need to transfer or set of heavy packaging, transport or hand carts of goods between different parts of the store or warehouse and the shop.

Nurse's tasks

Nursing Diagnosis 1

Back pain caused by degenerative changes in the cervical spine and lumbar.

Purpose: To reduce or overcome the pain

Nursing Interventions:

- Evaluation of the severity and nature of the complaints in the VAS
- The identification of the intensifying pain which is too long to remain in the bent position
- Recommendation to avoid overloading the spine by limiting the bending, the appropriate posture while performing different tasks seat and lying down
- Recommendation of performing activities with rest periods
- Recommendation of using painkillers to alleviate symptoms
- The transfer of educational materials presenting pictorial illustrations with instruction how to avoid overloading the spine.

The rating action: reduction of pain in the cervical and lumbar spine.

Nursing Diagnosis 2

Insufficient knowledge of chronic renal failure.

Objective: To increase knowledge about the disease

Nursing Interventions:

- Acquaint with the essence of the disease and reveal to her in different periods
- Provide knowledge about the risks associated with the development of cardiovascular disease and the factors accelerating the development of kidney disease
- Understanding the principles of self-care, care for the health, proper medication
- Discussion of the most important risk factors for coronary heart disease among patients with chronic renal failure:
 1. Malnutrition / obesity
 2. Hypertension
 3. Physical activity
- Provide knowledge about renal origin anemia, an indication of the benefits of treatment with drugs that stimulate erythropoiesis, teaching of drugs administration techniques
- Diet education
- Transfer of knowledge on methods of renal replacement therapy

The rating actions: Increase knowledge on chronic renal failure [9], [10]

Literature:

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1446786/> [accessed 15.05.2018]
2. <http://www.dwomp.pl/historia> [accessed 15.05.2018]
3. The law on occupational medicine service of 27 June 1997. Dz. Laws No. 96, item. 593
4. The Act of 27 August 1997 on vocational and social rehabilitation and employment of disabled persons
5. Regulation of the Minister of Health of 13 September 2011 on the tasks of occupational medicine, the exercise of which by non-physicians need to have additional qualifications
6. www.ciop.pl [accessed 03.19.2019]
7. <http://www.ryzykozawodoweonline.pl> [3/19/2019 access] 6
8. <http://psz.praca.gov.pl/> [accessed 03.19.2019]
9. Marcinowicz L. Ślusarska B Care for dependents in family practice nurses. Descriptions of individual cases. Publisher Continuo. Wroclaw 2017
10. Białobrzaska B. The role of nurses in the education of patients with chronic kidney disease. Nephrology Forum 2008 tom1, No. 1, 45-51