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# Strengthening the Occupational Health Expertise and Scientific Performance of Public Health Institution of Turkey



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# Exercises and games

B 3.1 ppt 1





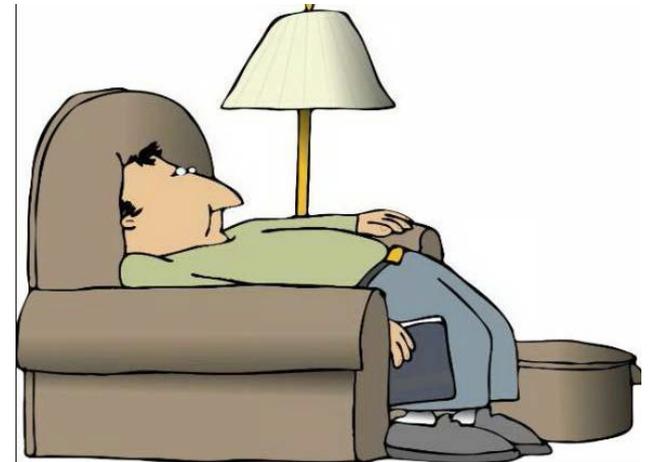
# Learning Objectives

**TIME TO REHEARSE**

Before The Curtain Rises

# Exercise 1: OD or WRD?

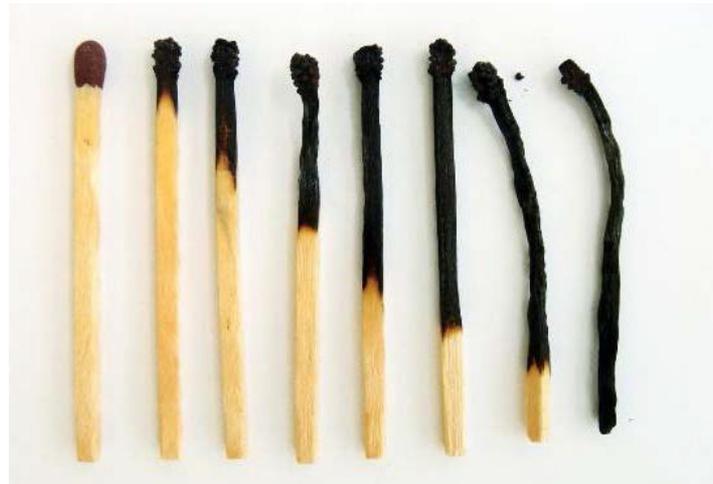
Mr. Peterson suffers from neck pain





# Exercise 2: incidence or prevalence?

*“Burn-out is high among healthcare workers. Figures from 2009 indicate that almost 25% are confronted with burn-out.<sup>1</sup>”*



<sup>1</sup>. Mateen FJ, Dorji C; Health-care worker burnout and the mental health imperative. Lancet. 2009 Aug 22;374(9690):595-7.



# Exercise 3: observational or experimental study



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## The relationship between emotional intelligence, occupational stress and health in nurses: A questionnaire survey

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### Abstract

*Background:* Nurses suffer from stress and health problems owing to the characteristics of their work and their contact with patients and death. Since emotions can have an effect on work outcomes, emotional intelligence (EI) may explain the individual differences in dealing with work stress.

*Objectives:* This study investigated the interrelationships among EI, work stress and health. We also examined the impact of socio-demographic variables (e.g. age, gender, length of service,...) on stress and nurses' health.

*Design:* A questionnaire survey (anonymous) has been carried out to detect these interrelationships.

*Setting:* A general public hospital in Spain

*Participants:* One hundred and eighty nurses.



# Exercise 4: Type of study?

AMERICAN JOURNAL OF INDUSTRIAL MEDICINE 49:609–616 (2006)

## Respiratory Health in Turkish Asbestos Cement Workers: The Role of Environmental Exposure

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**Aim** Benign and malignant pleural and lung diseases due to environmental asbestos exposure constitute an important health problem in Turkey. The country has widespread natural deposits of asbestos in rural parts of central and eastern regions. Few data exists about the respiratory health effects of occupational asbestos exposure in

**Methods** Investigations included asbestos dust measurements in the workplace and application of an interviewer-administered questionnaire, a standard posteroanterior chest X-ray and spirometry. Information on birthplace of the workers was obtained in 406 workers and used to identify environmental exposure to asbestos, through a map of geographic locations with known asbestos exposure.

between 0.2 and 0.76 (mean: 0.25, median: 0.22). Environmental exposure to asbestos was determined in 24.4% of the workers. After the adjustment for age, smoking, occupational asbestos exposure, and potential risk factors environmental asbestos exposure was associated with small irregular opacities grade  $\geq 1/0$  (44.2% vs. 26.6%,  $P < 0.01$ ), FVC% (97.8 vs. 104.5,  $P < 0.0001$ ), and FEV1% (92.4 vs. 99.9,  $P < 0.0001$ ). Occupational

# Exercise 5: search the pitfall...



## Association between occupational exposure X and disease Y

	Exposed workers	General population	
Deaths	50	7,000	
Person-time in years	1,000	100,000	
Mortality (cases/year)	0.05	0.07	RR=0.7



## Exercise 6: search the pitfall...

*A sea captain was given samples of anti-nausea pills to test during a voyage. The need for controls was carefully explained to him. Upon return of the ship, the captain reported the results enthusiastically. “Practically every one of the controls was ill, and not one of the subjects had any trouble. Really wonderful stuff.” A skeptic asked how he had chosen the controls and the subjects. “Oh, I gave the stuff to my seamen and used the passengers as controls.”*



# Excercise 7 : match the pairs

## List A

- cross-sectional
- sensitivity
- independent variable
- Wilson
- active surveillance
- prevalence

## List B

- specificity
- passive
- incidence
- dependent
- cohort
- Jungner

# Exercise 8: observation

Who committed the murder?





# Exercise 9: search the pitfalls

The ergonomic improvement study of Mr. Ingenious

