

Occupational Health Care Nursing

Lecture 10



Definition of Occupational Health

Occupational health is an area of work in public health to promote and maintain highest degree of physical, mental and social well-being of workers in all occupations.

Definition of Occupational Health Nursing

The specialty practice that focuses on the promotion, prevention of disease and injury and restoration of health within the safe and healthy environment, thence to achieve optimal health and high productivity.



Objectives of Occupational Health Nursing

- ✓ To adapt the nursing program to serve the health needs of the company with respect to its character, size and location.
- ✓ To give competent nursing care and treatment.
- ✓ To have and maintain adequate space, equipment and supplies.
- ✓ To obtain medical direction where none exists.



Occupational Health Nurse Work Setting

Occupational Health Nurses (OHNs) work in diverse environments focused on employee health, safety, and wellness. Common settings include manufacturing plants, corporate offices, hospitals, government agencies, and construction sites. They often work Monday–Friday, providing onsite clinical care, health screenings, and ergonomic assessments to reduce workplace injuries.

Role of the Occupational Health Nurse

Occupational health nurses are responsible for many functions that are significant to the prevention, investigation and treatment of workplace-related injuries and illnesses.

Some of the Common Roles of OHNs

○ Workplace Hazard Detection:

OHNs are responsible for monitoring, evaluating and analyzing any recognized risks using the research they conduct on the effects of exposure to dangers in the workplace. OHNs collect and make use of hazard and health data to determine how best to put into place necessary control and preventive measures, which they intend to be an ongoing process.

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○ **Case Management for Injuries:**

As a routine practice, OHNs act as case managers for non-work-related and work-related injuries and sicknesses. OHNs use case management in areas of short- and long-term disability benefits, group health, Family Medical Leave Act (FMLA) and workers' compensation for employees.

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○ Preventative Health:

OHNs help keep employees productive and healthy by offering them preventative strategies like chronic disease monitoring, immunization, stress management, smoking cessation, nutrition and weight control and exercise and fitness.

○ Risk Reduction:

Risk reduction and harm prevention are among some of the other areas of responsibility for occupational health nurses. They design programs for employees to encourage different positive changes to lifestyle and workplace practices.

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○ Counseling and Crisis Intervention:

These nurses provide counseling and crisis intervention for other issues that may extend beyond the scope of counseling limited to care for only illnesses and injuries related to work. Many times, OHNs may counsel employees on issues involving substance use or their psychosocial needs and may work with a psychologist to deliver the best treatment possible.

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○ Rehabilitation Therapy:

Another crucial responsibility of occupational health nurses is caring for employees that become ill or get hurt because of hazards in the workplace. OHNs may perform rehabilitation therapy following specific injuries and provide medication to patients.

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○ Health Screening:

OHNs also may be asked by an employer to screen prospective and new employees to make sure they're fit enough to complete the duties designated for their position. The pre-employment or onboarding screening can include drug and alcohol screening, physical examinations, hearing tests and vision tests.

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Some of the Other Tasks Completed by OHNs Include :

- Maintaining **confidentiality of employees'** personal health information and working with employers to **comply with established codes of ethics and regulatory or legal requirements**
- Implementing **procedures and policies for continually assuring confidentiality**
- **Keeping documents** required by the **Occupational Safety and Health Administration (OSHA)**
- **Evaluating employees who have limitations or work restrictions and recommending appropriate job placement,**
- **Meeting eligibility requirements** for being a medical employee who works with personal information

MCQs for Lecture 10

1. The specialty practice that focuses on the promotion, prevention of disease and injury and restoration of health within the safe and healthy environment, thence to achieve optimal health and high productivity. It is-

Occupational Health Nursing

Occupational Health

Work Health Interaction

Occupational Health Nurse

Health Care Facilities

2. To have and maintain adequate space, equipment and supplies. It is-

Function of Occupational Health Nursing

Principle of Occupational Health Nursing

Element of Occupational Health Nursing

Objective of Occupational Health Nursing

Activity of Occupational Health Nursing

3. Occupational health aims to-

Promote and maintenance of physical only

Promote and maintenance of mental only

Promote social wellbeing of workers

Maintenance social wellbeing of workers

All of options

4. Living organisms are capable of causing human diseases by infectious process. They are-

Chemical Agents

Mechanical Agents

Biological Agents

Environmental Agents

Psychosocial Agents

5. OHNs may be asked by an employer to screen prospective and new employees to make sure they're fit enough to complete the duties designated for their position. This role is referred to-

Workplace Hazard Detection

Case Management for Injuries

Preventative Health

Rehabilitation Therapy

Health Screening

6. What is the main goal of the American association of occupational health nurses (AAOHN)?

To promote the health and safety of workers

To provide healthcare services to the general public

To lobby for changes in government regulations

To increase profits for its members

To provide interested environment

To provide healthcare services for rural populations

7. Biophysical considerations in occupational health include-

Extent of job strain

Adequacy of surveillance systems for hazardous work conditions

Immunization status of the workers

Social examination

Fields of influence on employee health

8. Occupational groups at risk are all of the following except-

Farmers workers

Paramedical workers

Social workers

Medical workers

All above answers are wrong

9. Mr. Ali 35 years old, recruited for job in clinical laboratory. The first action should be done for Mr. Ali upon job as medical measures is:

Health education as safety program

Pre-employment examination

Preventive health screening

Health risk examination

Counseling program

10. One of the chemical hazards is-

Noise

Radiation

Glutaraldehyde

Vibration

All of options

11. Adapted the work place and work environment to the needs of workers the best term explain that-

Management

Ergonomics

Orientation

Termination

None of options

12. It is a factor which must be lacking for a disease to occur is –

Host

Agent

Environmental Factors

Epidemiological process

Body exercises

13. It is an exposure to chronic friction may result in crushing -

Chemical agent

Mechanical agent

Physical agent

Biological

None of above

14. Global burden of disease from major occupational risks includes the following except-

a. Injuries

b. Carcinogens

c. Airborne exposures

d. Psychosocial burden

e. All of options

15. The scope of occupational health nursing including the following-

a. Involves the prevention of occupational and environmental hazards

b. Maintains and promote the worker's health and working capacity

c. Improvement of working environment

d. Prevents occupational diseases and injuries

e. All of options

16. It provides for and delivers occupational and environmental health and safety services to workers, worker populations, and community groups-

- a. School health nursing
- b. Family health nursing
- c. Rural health nursing
- d. Occupational health nursing**
- e. All of above options

17. Occupational health deals with all aspects of health and safety in the workplace and has a strong focus on-

- a. Primary prevention of hazards**
- b. Secondary prevention of hazards
- c. Tertiary prevention of hazards
- d. Treatment of injuries
- e. Follow up of injuries

18. Occupational health nursing includes all of the following activities except-

- a. Interpretation of medical diagnosis to workers and their employees
- b. Appraisal of the work environment for potential exposures
- c. Identification of abnormalities**
- d. Immune status issues that may impact nursing job functions
- e. Evaluating employees who have limitations or work restrictions

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