



INVESTIGATING THE GENERAL HEALTH AMONG OPERATING ROOM NURSES WORKING IN ALI-EBNE-ABITALEB HOSPITAL OF ZAHEDAN 2016

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Article Received on 20/10/2016

Article Revised on 10/11/2016

Article Accepted on 01/12/2016

ABSTRACT

Introduction: Nurse's health distraction can lead to lack of health in society indirectly. Due to the close relation of nurses with patients it seems necessary to consider their health for better healthcare services and quality of care. This study aimed to investigate the general health among operating room nurses working in Ali-ebne-Abitaleb hospital of Zahedan 2016. **Material and Methods:** This cross sectional study was conducted on 40 operating room staff in 2016. GHQ-28 general health questionnaire was used for data collection. After that data were analyzed through SPSS v.19 by descriptive statistics, Pearson's correlation and T test. **Results:** The mean of age was 30.30 ± 5.39 among respondents. 31 females and 9 males participated in this study. 12 of them were single and 28 were married. The mean score of general health was 56.40 ± 9.24 which shows a slight signs of health complications. There wasn't any significant relationship between age, marriage status, sex and general health. **Conclusion:** The results of this study had shown a slight health complications among nurses. Due to the important role of nurses in social health and healthcare system considering the problems of this profession seems to be necessary for authorities and healthcare system managers.

KEYWORDS: General health, GHQ-28, Operating room.

INTRODUCTION

Human resources are the most important parts of organizations. They are vital for countries development and progress.^[1,2] Nurses are the most important human resources in healthcare systems. They play an important role in social health. A healthcare system can't get any achievement without efficient nursing resources.^[3] Over 170000 male and female nurses are working in private and governmental healthcare centers in Iran.^[4] Career is one of the important factors that can effect on humans health. Organizations consider their staff's health in physical and mental dimensions.^[5] Human resources health and wellbeing is really important for organizations because healthy staff are more efficient and can bring more benefits for the organization. This fact is especially considerable for hospitals. Due to this Kaplan defines general health as the balance between internal demands and external facts of a human being. So nurses who can get coordinated with their environment would have a good general health.^[6,7] Nurses have the most working shifts and night shifts are always there for them. Surgical technologists and anesthesiology technicians also have the same work load and even more in night shifts do to emergency surgeries and lack of sleep. This would directly effect on their general health.^[8] Nurse's health distraction can lead to lack of health in society indirectly. Due to the close relation of nurses with patients it seems

necessary to consider their health for better healthcare services and quality of care.^[9] Health is the most important factor for doing social and personal roles in the society. An unhealthy individual cannot accept any responsibility in society and even his own family.^[10] Due to the close relation of nurses with patients and their important role in patient's health and safety it is necessary to find out which factors effect on their healthcare service's quality. After finding these factors authorities must plan for reducing the negative factor and increase the positive ones for better outcome in patients. Due to this the study aimed to investigate the general health among operating room nurses working in Ali-ebne-Abitaleb hospital of Zahedan 2016.

MATERIAL AND METHODS

This cross sectional study was conducted on 40 operating room staff in 2016. GHQ-28 general health questionnaire was used for data collection. This questionnaire had 28 questions. It was founded by Goldberg and Hiller and had 4 scales. Each scale includes 7 questions. The scales assess physical, stress, depression and social communication distractions signs in the individual. The reliability coefficient was calculated for the Persian versions of GHQ-28 by re test method in 7 and 10 days on 80 respondents and it was 0.91 that was significant for 0.001 error level. And the validity was proved by

Cronbach's alpha and it was 0.85.^[11] After that data were analyzed through SPSS v.19 by descriptive statistics, Pearson's correlation and T test.

RESULTS

The mean of age was 30.30 ± 5.39 among respondents. 31 (77.8 %) females and 9 (22.2 %) males participated in this study. 12 (30.0 %) of them were single and 28 (70.0

%) were married. The mean score of general health was 56.40 ± 9.24 which shows a slight signs of health complications. There wasn't any significant relationship between age, marriage status, sex and general health ($p > 0.05$).

The information about mean score of general health and its subdivisions are shown in table 1.

Table: 1. Mean score of general health and its subdivisions

	Minimum	Maximum	Mean	Std. Deviation
General health	38.00	75.00	56.40	9.24
Physical disorders	9.00	24.00	14.32	3.39
Sleep and anxiety disorders	7.00	24.00	13.80	4.19
Social disorders	12.00	27.00	18.40	2.69
Depression	7.00	20.00	9.87	3.53

DISCUSSION

The results of this study had shown a slight health complication among respondents. The highest disorders were for social performance disorders and the minimum disorders were for depression dimension. These results are consistent with some other Iranian studies.^[4,12, and 13] Healthcare systems are organizations responsible for human lives. In this century the organizations are highly competitive and organizations which keep themselves updated and dynamic can continue working.^[14,15] Lack of health among nurses would lead to poor quality of healthcare services. This would threaten health in the society indirectly.^[16] Mental and general health make nurses creative for providing better healthcare services. Despite this they would work more efficiently and sharp while they are healthy. I other hand nurses who are not healthy and have a poor general health can't provide proper healthcare services. This would increase the risk of making mistakes and threatens patient's life.^[17] Due to all abovementioned disorders that nurses are exposed to them cause of their stressful job.^[18] this study suggests authorities to plan programs for reducing these problems and help nurses to do their job in best way possible

CONCLUSION

The results of this study had shown a slight health complications among nurses. Due to the important role of nurses in social health and healthcare system considering the problems of this profession seems to be necessary for authorities and healthcare system managers. This finally would lead to success for healthcare system and better outcomes for patients.

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