Occupational Exposure: Prevalence, Reason of Injury, Source status and Type of exposure

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ARTICLE INFO

Keywords:
Occupational Exposure
Health care workers
Urmia

ABSTRACT

Introduction: Health care workers (HCWs) are at risk of occupational exposure to blood and body fluids which is a great risk factor in the transmission of infectious disease. The aim of this study was determine the prevalence of occupational exposure and reason of injury, source status and type of exposure.

Materials and Methods: A cross-sectional study was conducted in Motahari teaching hospital in Urmia during 10 months. For data collection we used a questionnaire which was completed by healthcare workers, who had at least one exposure to blood or body fluids. The questionnaire was evaluated occupational exposures between HCWs.

Results: Among 917 HCWs 99 (about 11 %) had occupational exposure. Most injuries occurred in women (95%). Most of exposures were happened during surgery (29%) and absence of personal protective equipment (11%). The common reason of injury was damage by colleagues inadvertently (23%). Injuries in women were more than men (95%). About 3% of source patients were positive and (9%) unknown. Also 83% of exposures were percutaneous injuries.

Conclusion: This study showed that most of exposures were among staff working in operating theaters and the most common accidents were needle stick injuries because of colleagues’ carelessness. So it can be reduced by interventions such as personnel training and managing the causes of exposure. More exposure rate in female HCWs can be related to hospital specialty (pediatrics and Obstetrics). Immunization of HCW’s against infectious diseases is necessary before starting work.