



NURSING
CAPSTONE

BNS NURSING CAPSTONE PROJECT PROPOSAL EXAMPLE

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Risks in nurses' work

The activity of nurses is complex and comprehensive within the health care system and, as such, is faced with various risks and their associated health consequences. At a global level, nurses make up the majority of healthcare workers with the highest share of direct customer care. Healthcare is a high-risk activity, with a rate of 14.16% per 100,000 inhabitants in the fourth place by the number of injuries at work and occupational diseases. The European Union is currently facing a shortage of health and social care workers, so efforts to tackle work-related health problems, job absences, and early retirement become priorities in this sector. According to research by the American Nurses Association (ANA), nurses use 30% more sick leave than other health care professionals, suggesting frequent exposure to undesired dangers, stress, harmful substances, and excessive physical effort (American nurses association, 2017). Workers' ability to work and a safe working environment are key conditions for providing quality health care. While individuals are the most responsible for their health, the role of the community is significant, while legislation and governing structures should provide conditions for safe work. Risk assessment is one of the most important factors of improving healthcare performance and the employer's obligation to assess the risk and to implement the protection measures. Safety and health protection at work must be ensured by taking into account all existing work-related circumstances, not only preventing accidents, removing hazardous substances and factors, the safety of technical equipment and processes, but also situations that lead to excessive physical, mental and sensory stress or tension. That leads to the phenomenon that is called 'burnout' (Potter, 2006). It is also necessary to bear in mind the human factor, the psychosocial aspects, the stress and the violence in the workplace. Anything that is undesirable in the workplace should be considered a risk. In addition to safety and health, the protection of employees must also focus on their satisfaction and social security. The purpose of this paper is to point out the dangers and consequences that nurses are encountering in their activities, as well as interventions in preventing unwanted events. The aim of the paper is to present the most common possible risks in the work of nurses/technicians, as well as the ways and opportunities of prevention in order

to help inform and educate them on avoiding hazards and unwanted consequences. Tasks of the work are research and description of protection of health and safety in the work of nurses/technicians and proposal of measures and interventions in the prevention of risks in the work of nurses/technicians. Occupational safety is a set of activities and measures that ensure working conditions without danger to life and health. The general principles of occupational safety consider the substitution of hazardous procedures in a non-hazardous manner, and where the danger remains, the necessity of the employee must be removed from the danger range (Eriksen, Tambs & Knardahl, 2006). If this rule cannot be applied, the rule of 'overcoming/enclosing' the danger or harmfulness (ventilation, encapsulation, isolation, use of protective devices) is applied. In case we cannot apply any of the above principles, personal protective equipment and equipment should be applied, the employee should be selected according to the required special conditions (health and physical properties, age, etc.) and act in accordance with the rules of work in a safe manner. The employer is responsible for the safety and health of the workplace. They must provide a healthy workplace and must make a risk assessment. According to the International Labor Organization (ILO) Convention on Occupational Health Services, the occupational medicine service has an obligation to identify and assess the risk of health hazards in the workplace. When it comes to risky jobs, the health of employees must be constantly monitored in view of the greater risk of the occurrence of work-related illnesses (including occupational diseases) and injuries. At the same time, in accordance with international regulations and European guidelines, a rulebook determining the manner of protection of health and health surveillance of persons exposed to certain damages (ionizing and non-ionizing radiation, chemical and biological harmfulness, mutagenic and carcinogenic factors, physical hazards) is being prepared. Education on the practical application of preventive measures includes health education and counseling on the prevention of injuries and the most common work-related illnesses (vaccination of health workers, safe handling of cytostatic, handling of sharp objects, procedures during a stinging incident, and lifting and relocation of patients). Once a year, occupational medicine specialists provide education on the acute effects of workplace injuries and procedures in emergency situations (first aid and emergency intervention). Working conditions are evaluated by regular job visits and are mandatory in changing work processes and operating conditions, introducing new technologies, in work processes disorders, in the event of

injuries at work and occupational illnesses, as well as in the growth of obesity. Recommendations are given for the correction and adaptation of working conditions to the abilities and capabilities of employees and checking the implementation of prescribed occupational safety measures for jobs where workers are exposed to hazards and efforts that endanger health. Occupation of the workplace at the individual level is carried out in the event of occupational injuries and occupational diseases with the aim of assessing temporary incapacity, individual counseling of persons employed in health care activities with established health defects. Specific care to improve the health of employees in health care activities is aimed at reducing workplace risk, abnormalities, mortality and disability from illnesses, injuries and conditions that can be preventative. To carry out safety measures at work, it is necessary to provide and use personal protective equipment to prevent occupational exposure to infections associated with health protection. Protective clothing must meet certain standards, and the responsibility for the application should be measured at health facilities. The health care authorities are the ones who must provide personal protective equipment to the employees and education. Nurses must be aware of the professional risk in their work and properly and consistently use the protection measures. Health institutions must have protocols to deal with incident situations. Appropriate application of occupational safety measures preserves the health of nurses and prevents the emergence of hospital infections. Health institutions are required to make risk assessments for all tasks in order to determine the risks and measures to remove or reduce the risk. Estimates can be used to address risk-based jobs and those to which specific occupational safety measures apply. The technical protection and the mechanization of work avoid physical burnout in employees with more physical work (Ando, Ono & Shimaoka et al., 2000). Apart from the physiological working conditions, working time is also a significant factor affecting working ability and health. Because of the inadequate rest of the worker, the tiredness that arises is not only manifested in maladjustment but also in the functioning of the central nervous system and senses. This way of working causes a worse work performance, the body is exhausted, and the chances of chronic illness and, consequently, the reduction of working life is greater.

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