

# USE OF LIGHT TECHNOLOGIES AS A STRATEGY FOR CHANGING THE HEALTH PROFILE OF WORKERS WITH CHRONIC CONDITIONS IN THE OIL INDUSTRY, BAHIA, BRAZIL

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## INTRODUCTION

Anchored in the person-centred approach, the present work intends to analyse the impact of the use of health technologies classified as light technologies [1] in the monitoring of workers with chronic conditions, aiming to improve the health risk factors after periodic annual occupational health assessments in an oil industry, Bahia, Brazil.

## METHODOLOGY

- A total of 1,122 workers were evaluated from February 2018 to March 2019 and 52 subjects were classified as priority for health risk management.
- Brazilian scales validated and indicated for use in assistance to patients with chronic conditions were applied, such as: “Scale to Assess the Capabilities of Self-care (EACAC)”, “Dyslipidemic Knowledge Scale Questionnaire”, “Diabetes Knowledge Scale Questionnaire”, “Hypertension Knowledge Scale Questionnaire” and the “Screening Test for Alcohol-related Problems (CAGE)”, were used.
- These scales were organized by the 5As methodology, divided into: Assessment, Counselling, Agreement, Assistance and Follow-up [2], applied during follow-up consultations.
- Healthcare took place under the logic of the production of comprehensive care, which strengthens sensitive listening, attachment, mutual respect, autonomy and welcoming practices.
- The main focus resides in interventions oriented to the adoption of healthy habits and adherence to self-care, making workers social producers of their own health [3].
- Prioritized workers were followed, on average, after 3 months of periodic annual assessment by an interdisciplinary team, with prepared individualized care plans, monitored for compliance.

## RESULTS

The 52 workers were reassessed 9 months after the intervention, with an improvement in health risk factor control in 29 workers (55.8%) based on behavioural changes in the follow-up period, as shown in Figure 1.

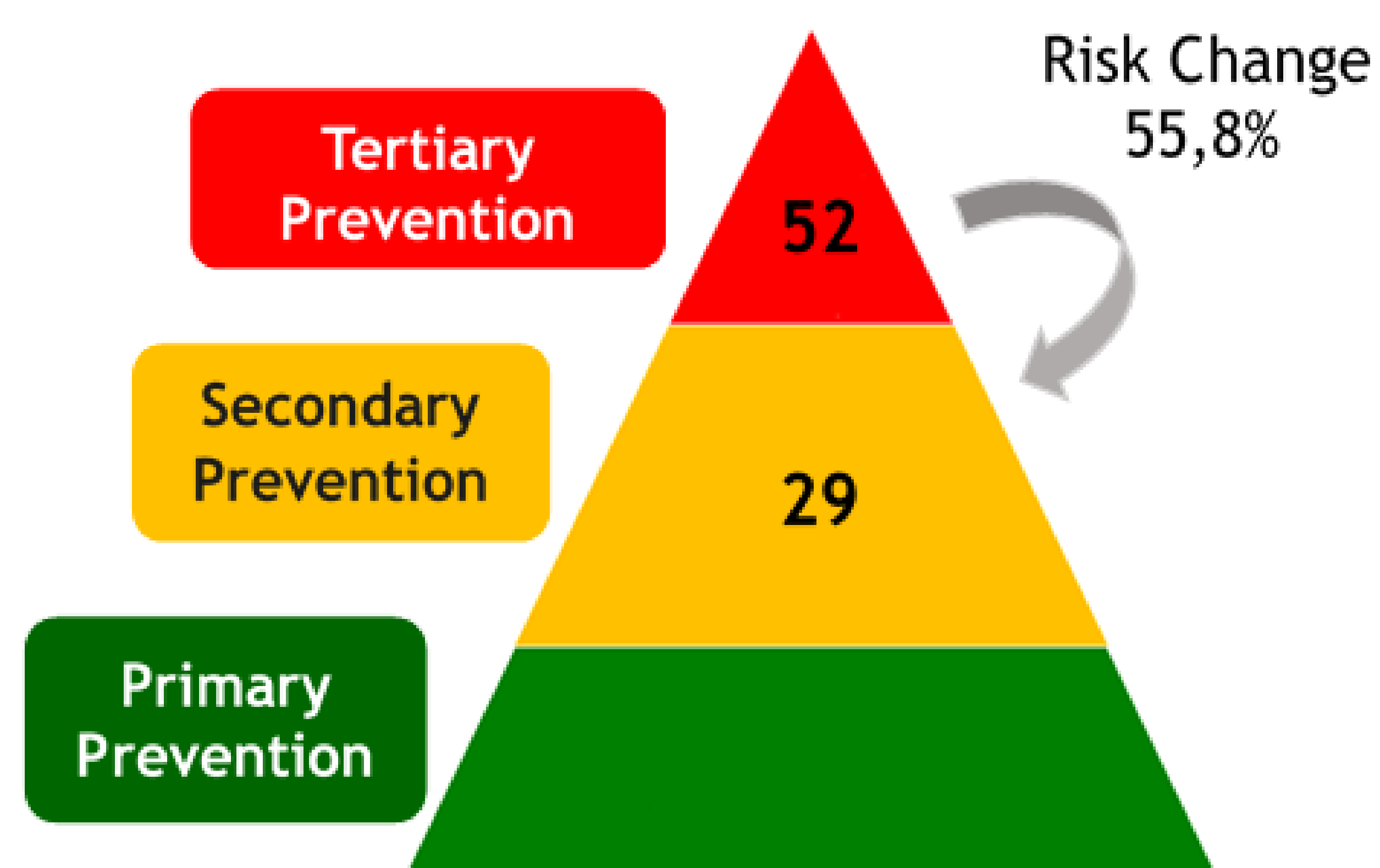


Figure 1 - Model Systematization of Occupational Health Care.

## FINAL CONSIDERATIONS

The results demonstrate the relationship between the control and prevention of complications of chronic diseases, suggesting that the use of health light technologies may enhance care, worker's autonomy and attachment strengthening.

## KEYWORDS

Light technologies; chronic conditions; person-centred approach; health risk factors.

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