

ROLE OF THE INDUSTRIAL ENTERPRISE FOR AN INCREASED EFFECTIVENESS OF THE WORKERS' DISPENSARIZATION

K. Ivanov, Tz. Kondova, D. Bojilov, N. Feschieva

The development of the socialistic community and the participation of the public health system in the whole social system are the base of a complex health prosperity of the nation. That is why the medico-social effectiveness of the socialistic health system will be more and more dependent on its synchronization and relation with the rest social systems. Our way of dispensarization (D) confirms the idea of health-care: not only a regular prophylaxis but also numerous social-economic and hygiene-sanitary measures.

It is already known that D includes in its activity the dispensarized people (stimulating and improving the adaptive and defensive mechanisms of the human organism), as well as the optimum living environment. The answer of the requirements of D-people is the task of any medical department, office, social and economic organizations.

The industrial enterprises concentrate the greater part of the active working class. Therefore, they play the most important role in answering the requirements. Base elements of the work in the enterprise concerning the better effectiveness of D are: optimum parameters of the living environment, definite regimen of labour and rest, organization of rational and diet nutrition, suitable labour-readjustment.

The proper way of solving the problems is their scientific analysis in certain conditions (situations) and their additional application to prophylactic plans and programmes for social development of the staff.

In order to work out scientific methods of future prophylaxis-development in Varna District, a profound social-hygiene study was carried out, which covered 4065 industrial workers (representative recording).

The relations between the indexes of working environment, social factors and workers' health were investigated in our study. The most important factors of future improvement and optimum development were pointed out.

83.1% of the investigated workers suffer a noise-influence. The noise-intensity is over the normal limits for 48.1% of them. The noise, combined with other unfavourable industrial factors (vibrations, carboxide, etc.) affects both neurological and respiratory diseases (morbidity) and their frequency, most probably in the way of decreasing the total resistance of the organism (Table 1).

34.2% of the workers are out of the optimum temperature limits. Their respiratory morbidity prevails over that of the workers in normal temperature conditions with 9.4% mainly at the expense of those working at higher temperature regimen (17.2%).

Dust influence suffer 68.2% of the workers, toxic gas or vapour — 51.5%. The complex of dust, gas and vapour rises the percent of total morbidity with 3.3%.

Table 1

Relative part of workers with diseases due to noise factors

Characteristics of noise	Workers (%)	Diseases (%)		
		Totally	Respiratory	Neurological
No noise	17	21.1	15.5	7.5
Moderate noise	34.9	24.5	15.4	8.3
Loud noise	34.8	25.9	17.1	10.7
Infernal row	13.3	28.2	19.4	11.1

The light in working rooms (premises), according to our study influences on the workers' health. The neurological morbidity due to insufficient lightening is 2,3 times higher, Presuming that the lightening of the working place is exclusively mixed (64.4%), artificial (9.6%) and almost always under the normal limits, it is advisable that the complex programme of improving the working environment must definitely include normal light.

The complex mechanization of the industrial processes directly effect the character of the labour and its working movements. Our ergonomic and working-hygiene investigations show that 22.7% of the studied people acquire stereotype movements which result in an increased total (with 3.9%) and neurological (with 2.4%) morbidity (Table 2).

Table 2

Trauma-frequency in relation to working-condition indexes (100 workers)

Indexes of working environment	Trauma-frequency
Normal temperature regimen	2.8
High temperature	7.1
Low temperature	7.4
Loud noise, Infernal row	6.1
Toxic gas and vapour	3.3
Tall working furniture	8.3
Vision- and ear-tension	5.8

The labour of 27.5% of the workers is related to vision-tension, 2.8% — ear-tension, 47.4% — both. Tense psycho-sensor conditions rise the percent of neurological morbidity with 10.3—13.3%.

The deviation of normal indexes of working conditions influence on the trauma-frequency. The latter is due to both microclimatic factors and ergonomic conditions.

The rational feeding and optimum regimen of labour, rest, labour-readjustment, are social measures which improve the effectiveness of D in the industrial enterprise.

The canteens of Varna city enterprises provide 210 chairs (per 1000 workers) for a rational feeding, instead of 400 (normal requirement). The

investigation shows that hardly 38.8% visit the canteens to eat, 27.5% — at their working place (own provisions) and 4.2% — at home.

Insufficient recovery of working strength tends to increased level of morbidity. An expressed correlation between the morbidity and the way of spending the week-ends is established ($R=+0.60$). This acquires great importance, as more of the studied workers spend their rest at home (63.6%) and very few of them go to excursions (4.7%), sport or tourism (3.6%).

The annual holidays are spent in a similar way. Greater number of the workers prefer their usual surroundings (54.5%). Few of them go to other places at their expenses (13.44%) or to resting-houses (12.9%).

The rational spending of the week and annual holidays are determined by both subjective and objective reasons. Therefore, the role of the industrial enterprise in organizing the workers' rest must be more active, especially to build and equip its own sport fields, halls and swimming-pools.

The balneological treatment, as an important element of D, is still far from enough. The necessity of almost every investigated worker is actual, but it is not fully satisfied. The District prophylactoria with total number of 460 beds grant a possibility to the workers for their health-recovery without lost working days. The advantages of the prophylactoria are still abnormally used (Chemical Production — 93.1%, Cement Production — 93%; Others — 60%). The analysis reveals organizing reasons; no suitable transport, no enough appliances for modern rehabilitation, no regular shifts observing the branch principle, etc.

Labour-readjustment also improves the health-indexes of the workers with temporal contraindications of realizing their usual professional activity but preserved labour-ability. It is a process connected with certain problems of the industrial enterprise. The number of working-places for labour-readjustment workers is not sufficient, the way it is regulated by the Law.

The multilateral problems of D require a complex approach of the enterprise for improving the effectiveness and care of the workers' health. It includes:

1) Stage of investigation:

Sources: a) Hygiene characteristics of labour indexes under the control of Hygiene Institutes, with special attention to the risk factors and zones. b) Current analysis of morbidity with temporal disability and determination of the risk groups and diseases. c) Periodical investigations of the influence of social factors upon the workers' health and labour-activity.

2) Stage of projecting: a) Optimum variants for information and competent distribution of the investments of the industrial enterprise. b) Perspective programme and medicosocial measures.

3) Stage of control: current control measures in the course of investigation.

4) Stage of estimation: a) Degree of fulfilment of the planned measures, b) Dynamic investigation of the base health and social indexes. c) Expert valuation of the medico-prophylactic activity concerning D.

In order to improve the workers' health and optimum indexes of the working-environment it is suggested to plan the new problems each 3—5 years. They are the base of new programme of health-care.

Prophylactic programmes were performed in some Varna city enterprises with the active help of the Medical offices. The investigated abnormalities of the indexes and the planned measures of their improvement guarantee the effectiveness of the dispensarization.

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РОЛЬ ПРОМЫШЛЕННЫХ ПРЕДПРИЯТИЙ ДЛЯ ПОВЫШЕНИЯ ЭФФЕКТИВНОСТИ ДИСПАНСЕРИЗАЦИИ РАБОЧИХ

К. Иванов, Цв. Кондова, Д. Божилов, Н. Фещиева

РЕЗЮМЕ

Проведено комплексное социально-гигиеническое исследование 4065 рабочих промышленных предприятий Варненского округа.

Установлено, что 68,2—83,8% исследуемых рабочих подвергаются действию шума и пыли. Большинство из них находятся в контакте с различными газо и паробразующими веществами, повышающими общую заболеваемость на 3,3%.

Заболеваемость нервными болезнями в условиях недостаточного освещения в 2—3 раза выше чем нормальная, а в условиях психо-сензорного напряжения превышает нормальные стоимости на 10,3—13,3%. Отклонения от нормальных параметров условия труда оказывают сильное влияние на частоту травматизма. Устанавливается значительная корреляционная зависимость ($R=+0,60$) между заболеваемостью и способом проведения недельного отдыха.

На основании конкретного опыта нескольких предприятий в г. Варне обсуждаются отдельные этапы комплексного решения вопросов повышения эффективности систематических забот о здоровье рабочих.