

# THE PREVALENT ILLNESS IN THE PERSONAL HEALTH AND ITS DIFFERENCE WITH GENERAL POPULATION

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## INTRODUCTION

The purpose of this study was to perform an analysis of the illnesses suffered by the health worker, not considered related to employment, showing a prevalence differently from the general population. The conditions considered in this study as these were the psychiatric illness. We must bear in mind that these pathologies are due to high morbidity and mortality, and disability in the general population. In an analysis conducted by WHO in 1996 on mental health situational analysis, it was found that five of the leading causes of disability generators in the world relate to psychiatric disorders. The epidemiology of mental disorders faces enormous challenges in this new millennium, having to face a complex and changing epidemiological picture. In this, psychiatric patients are in an extremely important. Concomitantly we observed an increased prevalence of psychiatric illness, the health worker, and differences depending on the disease to be taken into account.

## RESULTS AND DISCUSSION

The analysis of Table 1, shows that the prevalence of mental illness in the health care worker is higher than in the general population considered. Taking the prevalence of diseases according to 5 more cases reported, we see that for the general population the most common disease is abuse or alcohol dependence, followed by major depression, while in the hospital population, is the disorder panic, followed dysthymia. Another important characteristic is the drug abuse or dependence, which is much higher in healthcare workers. These differences raises the need for an assessment of working conditions, working environment, the type of task performed, the extension of working hours, the demands of jobs, etc..

The analysis of Table 2 shows the prevalence by gender, being in the general population, higher in men towards women. In the health workers, this relationship is reversed, and it would obey that average age of workers in our population is between 40 and 60 years, stage is where it increases the incidence of psychiatric disorders associated with hormonal disorders.

## MATERIALS AND METHODS

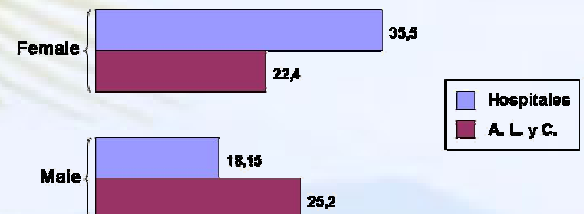
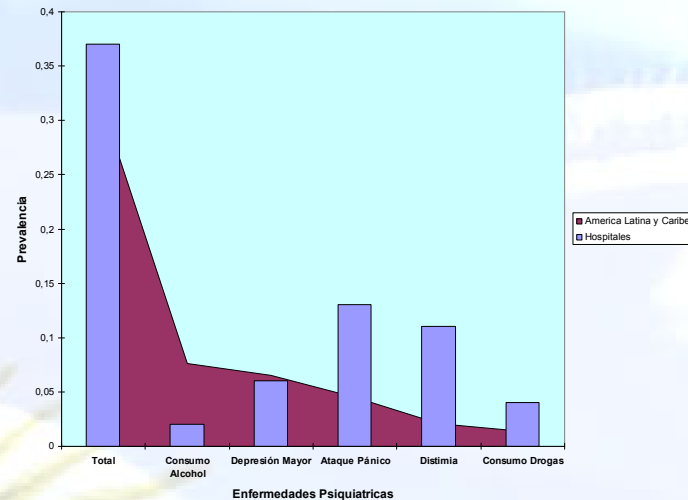
It took the database of the illnesses suffered by staff working in two public hospitals remain the same with different characteristics, since one is a pediatric hospital and one general hospital versatile. The overall study population was 4910 Health Workers. Statistics were consulted WHO and PAHO for Latin America and the Caribbean in 2006. We analyzed the overall prevalence of mental illness in the population of Latin America and the Caribbean, and the hospital population of both institutions. Not taken statistics on these diseases in Argentina because we lack thereof, since the data on Mental Health, are not properly recorded by health statistics, partly because the emphasis on mortality and not the morbidity and disability. We consider the 5 enfermedades psychiatric prevalent, still the same: alcohol abuse or dependence, major depression, panic disorder, dysthymia, drug abuse or dependence, and others.

## CONCLUSIONS

The work of health personnel, its own characteristics, activity, different from others, which are those that would result in different prevalence of 5 psychiatric illnesses covered. These differences in activity, rooted in working conditions, where the worker is exposed to extreme situations constantly, daily contact with the disease and death, extended working hours (still maintaining the regime of 24 hours ., guard), work in night hours that continue moonlighting derived underpaid, violence practiced by the patients and / or family, the obligation to update academically under constant medical advances, the easier access to psychotropic drugs. These aspects mentioned for the activity, coupled with the projected growth according to PAHO data have mental illness in the near future, show clearly the need to start working from health institutions, modifying the conditions work, evaluating health workers, after entering your work in a comprehensive physical and psychological watching, performing psychophysical evaluations on a regular basis so as to make early diagnosis of these conditions, reducing the morbidity and disability they generate and organize interdisciplinary teams composed of different actors working in a preventive manner, to identify situations that may lead to these disorders and conflict resolution.

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