



ALCOHOL USE AMONG WORKERS: AN INTERVENTION IN OCCUPATIONAL HEALTH

Autores: Riany Moura Rocha Brites - Brites, RMR (1), Ângela Maria Mendes Abreu - ABREU, AMM (2)

1 PhD student in Nursing Anna Nery School of Nursing, Federal University of Rio de Janeiro. Rio de Janeiro, RJ, Brazil. rianybrites.rb@gmail.com

2 Associate Professor, PhD, Federal University of Rio de Janeiro, Department of Public Health, Anna Nery School of Nursing. Rio de Janeiro/ Brazil . angelabreu@globo.com

INTRODUCTION

The World Health Organization has been pointing out that alcohol is one of the serious public health problems, ranking third among the major risk factors to health worldwide. The effect of alcohol during work brought complications to 1.2% of the respondents II Household Survey on alcohol and drugs. In this context, the detection of the pattern of alcohol consumption among workers still needs further investigation.

OBJECTIVES

- The study aimed to identify the work's profile socioeconomic and occupational; estimate their pattern of alcohol consumption;
- Analyze the association between the pattern of alcohol consumption and socioeconomic and occupational characteristics;
- Discuss this connection and investigate the applicability of Brief Intervention in alcohol consumption for this group.

METHODOLOGY

Study design and sample

This is a sectional descriptive study conducted at the Worker's Health Service of a public university in the city of Rio de Janeiro /Brazil.

we performed a descriptive study through interviews with 322 workers, The sample included male and female workers older than 18 years who treated at the Worker's Health Service of a public university.

Data collection and instrument

From August to December/2011. All participants volunteered to be interviewed just after nursing consultation. The data was collected through the questionnaire AUDIT (Alcohol Use Disorders Identification Test), added questions about socioeconomic and occupational profile. After collection, the data was processed and analyzed, using the EPI - Info software (version 3.5.1).

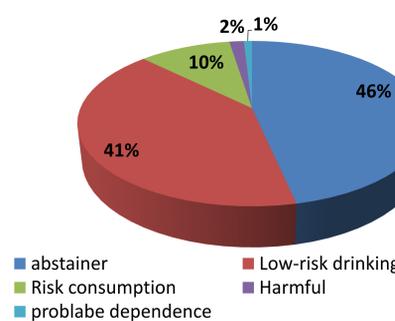
Ethical considerations

Approval to conduct the research was granted by the ethics committee from Anna Nery School of Nursing. Participants signed consent forms.

RESULTS

The not white, married, male, over 36 years of age, with a university institutions, with a per capita income of more than 2 minimum wage salaries and non-Catholics workers were those with the highest percentage of the consumption patterns of risk, harmful and probable dependence. According to the occupational profile, the highest was for the middle class and working class, with over 10 years of service and less time working in the sector, and the shift workers. Of the respondents, 87.3% had low-risk drinking and 12.7% had risk consumption, harmful and probable dependence. The episodic heavy drinking was 32.5% and 5.3% have caused problems to the drinkers or others, and 10.9% had someone been concerned about your drinking.

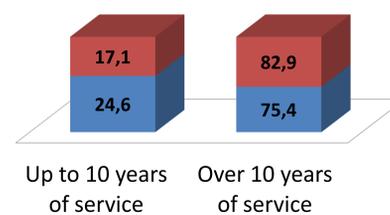
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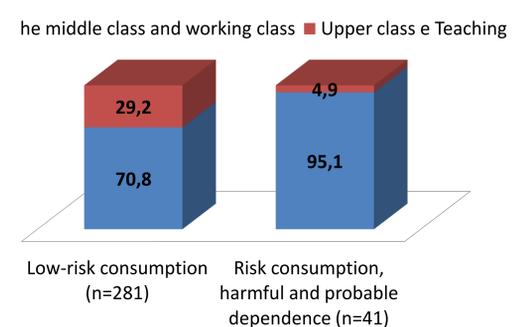
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Service time associated with the use and abuse of alcohol according to the AUDIT scores of workers



Occupied positions associated with the use and abuse of alcohol according to the score of the AUDIT workers



CONCLUSION

Therefore, we found that most workers did not consume alcohol in the past 12 months, but those who did consumed in large quantity and on a regular basis. Thus, it is important to implement the Brief Intervention as a strategy to reduce alcohol consumption among workers in an integrated way with the Worker's Health Service.