Objective: analyzing the influence of the occupational environment for the use of psychoactive substances among nurses working in public hospitals.

Method: this is a cross-sectional, descriptive study of a quantitative approach. Data will be collected through three questionnaires: sociodemographic and occupational characteristics; Nursing Work Index - Revised which measures the characteristics of the work environment and Alcohol, Smoking and Substance Involvement Screening. The data will be analyzed using descriptive statistics, inferential and multivariate analysis. The research project was approved by the Research Ethics Committee, CAAE: 49062415.5.0000.5231. Expected results: identify if the occupational nurses’ environment influences on the use/abuse of psychoactive substances will enable managers and employees themselves to search for strategies that aim the implementation of promotion programs, prevention and specific treatment for each situation and, consequently, improve the quality of life of these professionals.

ABSTRACT

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OCCUPATIONAL ENVIRONMENTAL INFLUENCE FOR USE OF PSYCHOACTIVE SUBSTANCES AMONG NURSES

A INFLUÊNCIA DO AMBIENTE OCUPACIONAL PARA O USO DE SUBSTÂNCIAS PSICOATIVAS ENTRE ENFERMEIROS

LA INFLUENCIA DEL AMBIENTE LABORAL PARA EL USO DE SUSTANCIAS PSICOACTIVAS ENTRE LAS ENFERMERAS

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OBJECTIVE

Analysis of the influence of the occupational environment for the use of psychoactive substances among nurses working in public hospitals.

METHOD: This is a cross-sectional, descriptive study with a quantitative approach. Data will be collected through three questionnaires: sociodemographic and occupational characteristics; Nursing Work Index - Revised, which measures the characteristics of the work environment and Alcohol, Smoking and Substance Involvement Screening. The data will be analyzed using descriptive statistics, inferential and multivariate analysis. The research project was approved by the Research Ethics Committee, CAAE: 49062415.5.0000.5231. Expected results: identify if the occupational nurses’ environment influences on the use/abuse of psychoactive substances will enable managers and employees themselves to search for strategies that aim the implementation of promotion programs, prevention and specific treatment for each situation and, consequently, improve the quality of life of these professionals.

RESUMO

Objetivo: analisar a influência do ambiente ocupacional para o uso de substâncias psicoativas entre enfermeiros que trabalham em instituições hospitalares públicas.

Método: estudo transversal, descritivo com abordagem quantitativa. Os dados serão coletados por três questionários: caracterização sociodemográfica e ocupacional; Nursing Work Index - Revisado que mensura características do ambiente laboral e Alcool, Tabaco e Rastreio de Involvimento de Substância. Os dados serão analisados por estatística descritiva, inferencial e análise multivariada. O projeto de pesquisa foi aprovado pelo Comitê de Ética em Pesquisa, CAAE 49062415.5.0000.5231. Resultados esperados: identificar se o ambiente ocupacional do enfermeiro influencia no uso/abuso de substâncias psicoativas possibilitará aos gestores e a próprios trabalhadores buscarem estratégias que visem à implantação de programas de promoção, prevenção e tratamento específico para cada situação e, por consequência, melhorar a qualidade de vida destes profissionais.

Descritores: Ambiente de Trabalho; Enfermeiros; Drogas Ilícitas; Consumo de Tabaco; Consumo de Bebidas Alcoólicas.

NOTA INTERVENCIÓN

Objetivo: analizar la influencia del ambiente laboral para el abuso de sustancias psicoactivas entre las enfermeras que trabajan en los hospitales públicos.

Método: este es un estudio transversal, descriptivo, con un enfoque cuantitativo. Los datos se recogieron a través de tres cuestionarios: características sociodemográficas y ocupacionales; Índice de Trabajo de Enfermería - Revisado que mide características del ambiente de trabajo y de Álcohol, Tabaco y Rastreo de Envolvimiento de Sustancia. Los datos se analizaron mediante estadística descriptiva, inferencial y análisis multivariado. El proyecto de investigación fue aprobado por el Comité de Ética en la Investigación, CAAE: 49062415.5.0000.5231. Resultados esperados: identificar si el ambiente laboral de las enfermeras influye en el uso/abuso de sustancias psicoactivas permitirá a los gerentes y empleados a sí mismos buscaren estrategias dirigidas a la creación de programas de promoción, prevención y el tratamiento específico para cada situación y, en consecuencia, mejorar la calidad de vida de estos profesionales.

Descritos: Ambiente Laboral; Enfermeras; Drogas Ilícitas; Consumo de Tabaco; Consumo de Alcohol.

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INTRODUCTION

Nursing plays an important role in health work process, representing approximately 64.7% of professionals in Brazil. Among the various performance scenarios of the nursing team, there is a large concentration of nurses in hospital settings, characterized by the need for continuous care within 24 hours of admission.

The scientific production in recent decades shows that these workers are vulnerable to various risks arising from their occupational activities because the hospitals are recognized as highly unhealthy, and the illness regarded as inherent in the work of the nursing process.

Nursing professionals are inserted in a work environment where there is excessive control by the institutions, difficulties in interpersonal relationships, routine and repetitive activities, feeling of suffering and death, overcrowding, shortage of workers, lack of materials, wage depreciation, lack of support and recognition by the institution, among other factors. Such situations generate high levels of stress and job dissatisfaction, which often manifest themselves by psychosomatic symptoms such as exhaustion, muscle tension, nervousness, irritability, back pain, anxiety, headaches, memory problems, depression, or problems of a physical and psychological nature.

For these reasons, it is believed that nurses are more susceptible to wear and abuse of psychoactive substances (PAS) because historically these are listed as ways to alleviate tension and stress reduction, considering the diversity of these, ease of acquisition and access, and the possibility of self-administration in the case of psychotropic drugs.

Drug abuse has been considered a major public health problem around the world, it has estimated that 185 million people over the age of fifteen have consumed illegal drugs, ie 4.75% of the world population, about 200 million people consume some kind of illegal substance. With respect to urban centers about 10% of the world population consumes abusively PASs, regardless of age, gender, education level and purchasing power, a situation that is similar in the Brazilian reality.

The use of PASs in the work environment has been increasingly discussed, since the rhythms and complexities that the job has imposed on the man with globalization is considered a factor of high risk for use of such substances. Therefore, the work has been the subject of research, questions and analysis to understand its complexity and how to interfere in people’s lives.

Given the above, we make up the following question: The working environment influences the consumption of psychoactive substances among nurses working in the hospital area? To find answers to this question defend the following hypothesis: The better the work environment for nurses exercise their less professional practice is their vulnerability related to the use / abuse of psychoactive substances.

OBJECTIVES

- Analyzing the influence of occupational environment for the use of psychoactive substances among nurses working in public hospitals.

METHOD

It is a cross-sectional, descriptive study of a quantitative approach and will be developed with 197 nurses working in three public hospitals in the city of Londrina - Parana, covering all periods of work.

There will be adopted as inclusion criteria being a nurse, have employment with the institution for more than a year and sign the Informed Consent (IC) and exclusion criteria to meet away from their occupational activities for any reason, including vacation and licenses.

There will be used three instruments for data collection, being the first a questionnaire to identify the socio-demographic and occupational situation of the respondents.

The second is a validated instrument and adapted to Portuguese in 2009 by Gasparino and Guirardello, the Nursing Work Index - Revised (NWI.R), which measures the presence of certain characteristics of the work environment that favor the practice professional nursing. The instrument consists of 57 items, with a Likert scale ranging from 1 to 4 points, in which the individual indicates the item that best describes his perception. These issues are subdivided into four subscales: autonomy, control over the environment and relationships between doctors and nurses and a fourth that depicts the organizational support.

The third instrument called Alcohol, Smoking and Substance Involvement Screening Test (ASSIST) was prepared by the World Health Organization (WHO) in 2004, and aims to identify the use of alcohol, tobacco and other PASs.
The data will be analyzed using the Statistical Package for the Social Sciences, version 20.0, using descriptive statistics, inferential and multivariate analysis. In the bivariate analysis will be used Chi-square and Fisher exact test, expressing the results in odds ratios, with a significance level of 0.05 and 95% confidence interval. For the multiple logistic regression will be included all the variables associated with the result with a significance level lower or equal to 0.25.

There will be followed the ethical guidelines established in Resolution nº 466/2012 of the National Health Council, which establishes parameters for research involving humans. Thus, participants will be duly informed according to the objectives highlighting the secrecy relating to information obtained in the questionnaires, respecting the autonomy of the individuals, respecting their decision to participate or not in this study. This project was approved by the Research Ethics Committee on November 5th, 2015, under CAAE: 49062415.5.0000.5231.

**EXPECTED RESULTS**

Identify the occupational nurses environment influences the use/abuse of PASs will enable managers and employees themselves seek strategies aimed that purpose the creation of promotion programs, prevention and specific treatment for each situation and, consequently, improve the quality of life of these professionals.

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