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**MONOGRAPH**

**“What are the most common diseases in the workplace? and its treatments.”**

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## **Gratitude**

**The truth I would like to thank God for giving me the motivation and wisdom to be able to carry out this work that has become part of my life. I would also like to thank each of the people who have been at all times to help me and guide me on this path, like my parents, who knew how to guide me on the right path. My friends who always supported me and also in a great way to my tutor Orlando, for being there and helping me with every doubt I had at all times.**

## Summary

The diseases that we can find in labor places are the one that are caused for the poor performance of some daily activities, other ones can be caused for the social ambient that we can find in offices because this one can affect the personal.

These conditions that we can find used to be simple things, but if they don't get the necessary attention at the right time, they can because a serious problem for the patient. Like the normal conditions that we can find like some pain in the back or in the neck, this pain at the start can be soft and they will not generate a lot of discomfort, but with the time, these pains can get worse and worse and that could finish in a contracture of the muscles of something worse that will probably need medications treatments.

Other type of conditions that we can find are the problems of stress that can be caused by the social and labor pressure which can be caused by their co-workers or by the labor demands that the boss or some authority demands.



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## Introduction

The importance of this work is to raise awareness about the common diseases that we can find in labor places, because these diseases are the most common ones and can become in a really bad problem. These diseases usually look like normal diseases that can be fixed just with some rest and things like that, but the truth is that is isn't just like that, some of these diseases when they get worse, will probably need professional help, like a doctor or a psychologist in some cases, because the stress is one of the most important diseases that we can find in the labor places.

I chose this topic because I think that this is really important to make the labor places more secure for everyone, from the position of work calmer to the highest action. And this is my motivation, to make a place safer and with a better ambient for everyone, because the most part of the time just because of the ambient the people can start feeling a lot of pressure on their back.

A lot of doctors have demonstrated that these diseases are important for our health and that we should be more interested in knowing what is happening with us and pay attention when we feel that something isn't going well.

In this monograph you will find information of what these diseases are, how to cure them

and the best ways to prevent them. Each one of these focused in each chapter, in that order. For me the most important chapter is the third one, because here I explain how to prevent these diseases. And I had always think that if we are informed and warned, we can be prepared for everything and that will be the best for us. I think that the second paragraph is really important too, because a lot of people already have these diseases and there I say how to cure them, sometimes it isn't cheap because you have to go to the doctor, but I think that is we are investing in our health, this will not be a waste of time.



## **Chapter I**

### **Common health condition in labor place**

#### **1.1 Conditions**

In this case I am referring to medical conditions, that would be called an illness or a disease, that we will say those are the same. An illness would be considered an alteration of the physiological state in one or more parts of our body, for causes generally unknown, that we can see in characteristic symptoms and signs.

There are the different kinds of illness that we can find, the allergies, autoimmune diseases, cardiovascular diseases, skin diseases, diseases of the blood, diseases of the eyes, sexually transmitted diseases, kidney diseases, digestive diseases, endocrine diseases, genetic diseases, infectious diseases, mental diseases, musculoskeletal diseases, pediatric diseases, respiratory diseases, rheumatic diseases, urological diseases, pregnancy problems, and types of cancer.

Those are the most types of diseases that we can find, all of those diseases have their own symptoms, but it is true that some of them have really similar symptoms what makes more difficult for the doctors to recognize what disease are they fighting. For that reason, is that the doctors use to do a lot of exams before diagnosing.

#### **1.1.1 In the labor place.**

An illness would be considered a professional illness when it is a consequence of the work made in the labor place. The illness that are considered professional illness are designated by the government, they should make a list of this conditions and only those are considered professional illness, but we have to remember that there is some illness that are causes just for a bad positioning that the people use to make, and they do not take care of that things.

There are a lot of conditions that we can found in offices. Some of the people do not use to think that those conditions would be really bad for their health in the next years. The most frequent conditions on the labor places are the stress, the viral diseases, mobbing, diseases of the stomach and problems, ear problems and flue. On the labor places we can find people with pain in some muscles, and the most part of the time these pains are consequence of a bad posture and this can be fixed and warned of a really simple way, but the most part of the time the people think that those pains will disappear with the time, but if we do not pay attention on them, they will finish in hernias or other bad things



#### ***1.1.1.1 Psychological conditions.***

If we talk about psychological condition, we can find a lot of types like anxiety, we can find bipolarity problems, depression problems, and all of these problems can get complicated if they do not receive the help that they deserve, because these are really serious problems that affect a lot of people that the most part of the times are afraid to talk and tell someone what they are suffering.

In labor place it is really common to find people who suffers from stress, because we all know that the work can be really tired in some days, but there are other people that does not know how to handle this, so they start feeling bad and sometimes they think that they are sick, but they do not know that all of those symptoms can be consequences of a lot of stress that they are suffering. The most part of the time the stress is related with the job, have large amounts of work, or have a boss to obsessed, these are factors that have a lot of influence on the people, and make them to develop stress that they did no use to have before doing that kind of job.

Working a lot can make you feel bad and end with one of these problems, and it is a thing that a lot of people don't see and just work a lot. "Most American adults spend a third to a half of their waking hours at work." (Blustein, 2006, p. 6).

#### **1.1.1.1.1 Stress.**

Maybe you are asking, what is the stress and how does it happen? Well, let me tell you what it is about, the stress is a feeling of physical tension or emotional, it can come from every situation or thought that makes you feel nervous, furious or frustrated. It is the body's reaction to a challenge or demand. In small parts, the stress can be a little positive, like when it helps you to avoid some of danger or to think in the limit of something.

An author said that “it appears that social support can protect people in crisis from a wide variety of pathological states.” (Cobb, 1976, p. 56).

Sometimes the management of the stress can be really complicated and confusing because there are different types of stress, the acute stress, acute episodic stress and chronic stress. Here we can see what each one represents:

#### **Acute stress:**

This is the most common type of stress. It arises from the pressures and demands of the recent past and the requirements and pressures of the near future. This stress is really exciting and fascinating in small doses, but when it is a to, it starts being tired. Have a lot of this stress can make you feel headache, psychological agony, stomach ache, and other symptoms. This type of stress usually make you feel intensive muscle pains, pain on the back, on the jaw and the muscular tensions that results in tears. This stress makes stomach ache too, like Acidity, flatulence, diarrhea, constipation and irritable bowel syndrome.



**Acute episodic stress:**

This is the type of stress for the people that suffer this really frequently, and for being in this level your life should be a completely mess. It is really common that persons with this type of stress are too exhausted, have bad character, are irritable, nervous and are tense. Other way of this stress is the incessant worry. This kind of people see the disaster everywhere they are going. For this people the world is a dangerous place and that cannot live calm down.

The symptoms of this acute episodic stress are the same symptoms of a prolonged agitation that are Intense and persistent headaches, migraines, hypertension, chest pain and heart disease.

**Chronic stress:**

This type of stress is worse than the previous ones, this type of stress is the exhausting that wears people year after year. This stress comes out when a person just thinks that the answer for everything is the depression and sadness, some of this problems comes from a traumatic experience. And it is really bad when a person gets used to being stressed.

We can say that it is a labor stress when we talk about a stress that is typical of industries, in which the increasing pressure make the employers to start feeling bad, and this gets various consequences that only affect their health.

**The symptoms of the labor stress can be divided in 2 groups:**



Symptoms on an emotional level: the stress can make us change our emotional reaction to the environment that surrounds us, changing our mood and altering our behavior.

Symptoms on a physic level: the most common symptoms that we can find here are problems in the stomach and intestines, headache, dizziness, tachycardia, excessive sweating and hyperventilation. Those are the most common.

#### ***1.1.1.2 Muscular ailments.***

The muscular ailments are really common, this ailment can involve things like the ligaments, tendons and fascia. The most part of the people does not know what are facials, those are tissues that have the function of connecting bones, muscles and organs. The most of the times this ailment are caused by a bad positioning or hits. These ailments are the result of a disease that maybe we can have.

##### ***1.1.1.2.1 Ergonomic risks.***

The ergonomic risks produce different types of conditions on the patients, they produce different kinds of injuries on the workers. The most types of injuries that they produce are pains and inflammatory lesions, the most part of the times that pains and lesions are in the back and upper extremities.

The most common lesion that we can find nowadays on offices are the muscle-skeletal disorders. The ergonomic risks are basically caused for a bad posture during work, or the of the force in the working days.

This gives us an idea of what is usually seen in the works, “workers were observed using postures for most of the jobs.” (Keyserling, 1992, p.283). And that isn’t something new, sometimes just for feel that we are in a good position, we keep a positions that is just making a bad for our back or other muscles.

The most frequent injuries caused by the ergonomic risks are hernias, tendonitis, carpal tunnel syndrome, cervical syndrome by tension, ganglion, bursitis, among others.

How the author keyserling (1993), “The jobs were also highly repetitive and frequently requires workers to exert high. Hand forces” (p. 807). Ad that is something bad, because the jobs want the people to do a lot of thing that include the use of the force and that can be bad for their heath.

## **Chapter II**

### **Treatments**

#### **2.1 Recommended treatments**

As we already know, each type of disease has its own ways of being treated, with the goal that the treatment performed is the most optimal to achieve the benefit of the patient and that their health gets better in the least amount of time possible. The diseases or



conditions that we have seen that are the most common on the labor places are the stress that is a condition that is really easy to get, because the environment of tension and constant pressure on the worker are ideal for this to develop, the other kind of diseases or conditions are the muscle ones, that are common too, because in labor places like offices is really common to find people with a bad posture during the work, these bad positions result in the appearance of these ailments and muscle problems that we can find very frequently in the offices.

#### **2.1.1 Ways to treat the conditions.**

For the stress we can find different treatments, because the stress can be treated without any kind of medication or psychologist, we can treat the stress with simple things that we can do in our day to day, or leaving to do certain other things, now I am going to say some of the ways that we can treat the stress, but I will not explain them at this time because we are going to talk about them more specifically later. by now we can say that some of the ways to treat the stress are making healthy habits like, making exercise, rest for a good time, maintain a healthy diet, etc. other way is to go to the psychologist and have a talk with the expert, because it makes you feel better when you talk about your problems.

For the muscle ailments, we have seen that the most kind of problems that we find are the ergonomic risks, that produce different kinds of conditions, the most common of these are hernias, cervical syndrome by tension and other types of syndromes, but in general the most common treatment that you can find is physical therapy that will make the person feel



better for some time, but if the condition cause a lot of pain like some kinds of hernias, the most common treatment is the surgery, which is followed by more physical therapy. But if someone cannot pay the surgery, he can't stay with the hernia, but it is bad for his health because it is going to makes him feel a lot of pain.

#### **2.1.1.1 *Psychologist.***

A psychologist is a person that is person that studies the mental health and the behavior of this. A psychologist can specialize their studies on different areas of the career, these areas are clinical psychologist, behavioral psychologist, industrial psychologist, social psychologist, educational psychologist, forensic psychologist, community psychologist, etc. But now we are going to talk about a psychologist with a degree in stress treatment, because there is where they specialize, in the treat of the anxiety and stress that is the problem that we have seen a lot in labor places and maybe we can say that is the best known for the people, because the other problems the people don't use to think about.

##### **2.1.1.1.1 *Types of psychological treatment.***

Some people maybe will ask what it the role of the psychologist with the stress, well it is simple, as we already explain, the psychologist work with the behavior of the brain and the stress is a psychological problem. The first think that you are going to do with the psychologist, is to do a search of what can be the reason of the problem, in this case we are

looking for stress in labor places, but stress is something that is usually solved equally in all cases.

After the search of the reason, the psychologist will talk to you about what things makes you feel like that and what you should start doing and what you should stop doing, because sometimes with just stop doing some things, we will start feeling better. Then the psychologist will tell us to start a relaxation program that will help us to feel less stressed.

The psychologist will recommend us to make some therapies, some of them are:

### **Aromatherapy:**

This is a very old technique, which seeks relaxation and relieve ailments, this consists of the use of different plant oils.

This is applied by rubbing it on the body, although this can also be applied through the steam inhalation of some aromatic candle, this is shown as effective because the brain with the interaction of some odors releases chemical substances that reduce stress levels.

### **Breathing:**

In the face of an attack of stress, controlling breathing is the most effective way to return to the cry and to be able to pass the situation. This is very important because it allows the brain to have a correct oxygenation, and that lets the brain to have the control on a stress attack.



As the Author of this book says:

The results obtained from the present research support the possibility that deep breathing technique is capable to induce an effective improvement in mood and stress both in terms of self-reported evaluations and of objective parameters, such as heart rate and salivary cortisol levels.

(Perciavalle et al., 2017, p. 451)

### **Sports:**

This is what all the doctors and psychologist recommend, they recommend you to find a sport that you like and start practicing it, because it helps to release tension and eliminate worries from our body.

Sport is good for those negative vibes, which are what make us feel stressed, the sport releases endorphins, which make us feel better, but sometimes this is not taken into account as it says the author “Evidence suggests aerobic exercise has anxiolytic effects; yet, the treatment potential for posttraumatic stress disorder and responsible anxiolytic mechanisms have received little attention.” (Fetzner, 2014, p. 301).

#### **2.1.1.2 Doctors.**

Is a person who exercises medicine to seek the welfare of other human beings. The medicine is a really special career because if you decide to study that, you should really like because a lot of people start the career but they don't finish it.



But just for been a doctor it does not means that they can do what they want, as this professional said “Health professionals are increasingly encouraged to involve patients in treatment decisions” (Thomson, 2003, p. 327). They have to take in count what the patients want.

#### ***2.1.1.1.2 Medicals consults.***

We should all know that when we have a medical condition for a long time, we should go to the doctor, as this may be related to our daily activities, in this case, the labor places is a place in the one we can get some problems in our health apart from the stress that we talked about before.

In the medic consult the doctor will ask you some routine questions, because they need to know how the pain could started, they will probably ask you about your pain, when did it start, what were you doing when you felt the pain, because with that kind of questions, they will know when it started and what kind of treatment they should use to do in that case. The most types of pain that we are going to find in labor places are the hernias and some other problems in the muscles like tendonitis, arthritis, carpal tunnel syndrome, etc. And the most part of the times this problem can be solved with physical therapy and will help to relax the muscles and loosen them a little, so they will not be so contracted, so that they will be much less painful for the person, and with a good therapy routine, these pains can completely disappear.

#### **2.1.1.2.2    *Physical rehabilitation.***

As we already talked, there are different types of conditions when we are talking about the muscle pains, so I am going to talk about the treatment and what kind of physical rehabilitation we should do on the most common conditions.

The physical rehabilitation has been checked and it really works, as the doctor says “The results suggest that postoperative physical therapy and gait training may lead to improved function and weight bearing of the first ray after hallux valgus surgery.” (Adams et al., 2009, p.934).

#### **Hernias:**

The hernia is a problem which does not have a cure as such unless it is resorted to the surgery, since it does not disappear on its own or with any type of therapy, but with physical rehabilitation you can reduce the levels of pain to feel better, and some of the physiotherapy treatment that we can do are, relieving massage, that will help to feel less pain on the back. Stretching is a good way to relax the back and don't feel that it is contacted. Thermotherapy is other way, and it is based on the use of cold and hot, one is going to relax the muscle and the other one will reduce the inflammation.

#### **Tendonitis:**

It is one of the most common problems, that when it starts is not so serious, but if this is not treated properly, it can be aggravated and end with a tendon rupture. It is a condition that has to be treat by a physiotherapist, because the treatment is started by taking some



anti-inflammatory, which will help to reduce inflammation of the tendon, from there they continue with massages in the area which must be done carefully, after this, exercises are recommended which help to stretch and strengthen the tendons.

### **Carpal tunnel syndrome:**

This syndrome is one of the most commons at the level of the hands, it is caused by writing too much on computer, by the repetitive movement that plays in this function.

The therapeutic way to rehabilitate in these cases is usually electrotherapy, soft tissue massage, and exercise and stretching. Other thing that is recommended by doctors and therapist is that if the problem was caused by the use of the computer, stop writing so much and start using other ways of communicate or work.

## **Chapter III**

### **Prevention-awareness**

#### **3.1 Make aware**

I think that this is one off the more important parts of this monograph, because here is when I can say some of the things that will help the people to take care of their health at working places, and some thinks that will help them to prevent these diseases that are really bad for their health. Make aware is one of the best ways to prevent these and any kind of diseases, because this is based on providing information to people, so that they are informed of the things that could happen to them in case they do not follow the advice.



Make aware is something that is important, because if we are warned, we will be protected, just like this author said. “be prepared is the best defense” (Rodriguez, 2001, p.90).

### **3.1.1 Ways to raise awareness.**

We have different ways to make awareness, but one of the best ones are the talks of professional doctors that will explain how to prevent those diseases, because as I already said, it is bases on giving information to the people.

#### **3.1.1.1 Talks.**

##### ***3.1.1.1.1 types of talks that can be given.***

There are different types of talks, like motivational talks, or a debate, but here we are to talk about informational talks, because this is the kind of talks that should be given to the personal of every single work place.

These talks should give to all the personal, the information that they need to work on a healthy way, these talks should be given by an occupational doctor, because it is the doctor that is specialized on diseases and conditions that could happen in a labor place.

The occupational doctor should start saying what kind of activities are risky, he should say how to do it in a way that it doesn't affect to our health, then he should explain what kind of conditions they can get if they don't pay attention to the recommendations that he is explaining, after that the doctor should explain to what extent these diseases can arrive and how they will affect their lives in the future.

#### **3.1.1.1.2 Medical reviews to the staff.**

It is in the law, that the business should do exams to the employees every certain time, these exams serve to see how apt the person is to carry out certain type of activities, and in which state of health the worker is, these exams of differential between exams of floor and height, depending on which part the person works on, the floor workers are those who stay in the offices, doing jobs as clerks, to these are performed routine exams such as blood, urine and urine. whereas the employees of height are those that are called the field employees, they are the ones that leave the offices and have action in the realized thing, as they could be the employees of warehouses, etc. they are also given the aforementioned tests, adding ear exams, tachycardia, and x-rays to the lumbar spine and chest.

With all of the exams, the doctor should go to the offices of the business and tell to every employee how it came out in the exams and give recommendations, in case it is necessary to prescribe some medication.

“these tests allow to see if the patient is fit for work” (Rosseney, 2017, p.23).



## CONCLUSIONS

- After having done this tired monographic work, I can say that I have come to some conclusions, which open my eyes and make me realize how dangerous certain diseases can be, which appear doing daily activities as they are simply going to work.

- I came to the conclusion that we must have the proper security measures, before doing any type of action in the workplace, since what I have seen in this work, even the simple fact of having a bad positioning to the time to work, when performing the simple action of sitting in the chair to work

- I also come to the conclusion that diseases such as stress are just as harmful as many diseases we know, as these attack us from our brain and can make us feel very bad, coming to make us feel different types of reactions as it could be fatigue, headaches and even worse things.

- • With regard to the completion of the monograph, I realized how important it is to read and verify the information that one can find on the Internet, since many times we will find information that is not entirely true. I learned to verify and know how to differentiate when I can trust a website, since there are many of which your information is not completely true.

- To finalize my recommendations, I recommend that you take your time to appreciate all the work behind this, the hours dedicated and the desire with which this



monograph was made, since it was a very rewarding job to do in all sense, has taught me a lot of how to make real investigations with all that they entail.

## **RECOMMENDATIONS**

Well, if you ask me what recommendations I could give you after having done this work, then basically the ones that any doctor or person who knows about the subject would give them.

- For starters I think my main recommendation would be that if they feel some kind of ailment, do not ignore it, or let it pass, since these can get complicated and end up in much worse diseases as we have seen before, rather my recommendation is that they go to your trusted doctor in order to be able to do the pertinent examinations and rule out any type of anomaly that may exist and be sure that the ailment in question is caused.
- I also think that it is very important to be sure of what position we should have at all times, in order to prevent the development of any of these diseases, which are very harmful in the long run.
- Another very important recommendation in my opinion is that if we realize that the work environment is not favorable for our emotional state, get out of there, since this will only cause us to become overwhelmed and get to stress, which I believe I that is one of the toughest fighting diseases we can find in this workplace.

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