

Occupational Hazards and Protective Measures of Nurses in Gastroscopy Room

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Abstract: The main purpose of this study is to explore the causes of gastroscopy occupational risks, and what kind of ways to protect them, to protect the safety of nurses in gastroscopy rooms. **Methods:** Through the description of this article, the infection factors under different channels were elaborated and the corresponding protective measures were explained. **Results:** The study found that taking appropriate measures can effectively reduce the occupational risk of nursing staff. **Conclusion:** By taking appropriate measures to protect some risk factors in the gastroscopy room, the safety of the gastroscopy room staff can be maximized.

Keywords: Gastroscopy room; Occupational hazards; Protection; Countermeasures; Risk factors

Introduction

As a special risk, medical occupational risk itself has a certain specificity, and its existence is not transferred by people's minds. Although we can take some protective measures to avoid it in the actual production process, the risk cannot be eliminated in general. Secondly, the medical occupational risk itself has a certain loss, once the risk occurs, it will bring huge economic losses and casualties. Finally, the medical occupational risk itself has a certain degree of uncertainty, this uncertainty is mainly because the medical practitioners in the work process did not correctly understand their own mental and psychological double pressure, The occurrence of occupational risk is always in a random environment. With the development of the economy, people pay more and more attention to their health problems. Gastroscopy, as a routine item in hospital examinations, appears more and more frequently in people's lives. Although the medical equipment is more and more advanced at present, there are still many problems related to the operation, and gastrointestinal endoscopy has the characteristics of convenience and intuition in the process of examination, which is not only conducive to the physical examination of patients but also conducive to the related treatment under gastroscopy. Therefore, it is widely used in medical clinical applications. However, the wide application of gastroscopy rooms has brought many adverse factors to medical staff. To better play the role of gastroscopy, it is necessary to analyze various risk factors and put forward corresponding protective measures.

1. Related factors of occupational hazards for nurses in gastroscopy room

1.1 Chemical factors

This factor is mostly caused by the volatilization of multi-enzyme cleaning agents and chlorine-containing disinfectants, such as: In the process of gastroscopy, 2% alkaline glutaraldehyde is usually used, which is an efficient disinfectant, but it will volatilization some allergic gases in the process of use, and the staff will produce asthma or allergic dermatitis if they are exposed to it in the form of respiratory tract or skin contact. Long-term contact may even produce central nervous system diseases.

1.2 Biological factors

Biological factors are mainly caused by viruses such as *Helicobacter pylori* and *Mycobacterium tuberculosis*. Staff members are infected through contact with patient's saliva and gastric juice during their work.

1.3 Physical factors

With the development of various gastroscopic treatments, nurses may be injured due to careless exposure to radiation and sharp instruments during work. In addition, long-term radiation increases the risk of malignant tumors and blood diseases.

1.4 Psychological factors

The staff working in the gastroscopy room need to contact with a large number of patients every day. At the same time, because of its fast-working cycle and heavy workload, the nurses need to maintain a certain high-intensity working state for a long time. In addition, the instruments used in the gastroscopy room are relatively close, and the nurses should maintain a high degree of alertness at all times. In this environment for a long time, it is easy to produce anxiety and a nervous psychological state.

Contact infection is one of the most common situations of infection, mainly because the staff of the gastroscopy room often need to

contact with the patient's body during the work process, and some of the patients have AIDS and hepatitis B at the same time, so the staff of gastroscopy room is in a dangerous working environment for a long time. In addition, some viruses can even be transmitted through the respiratory tract and the air, further increasing the risk to nurses.

2. Protective measures

2.1 Improve nurses' protection awareness and ability

The gastrointestinal department staff should prepare all kinds of protective equipment in the working process, establish a sound working system of the gastroscopy room, clarify the learning system and protection knowledge of gastroscopy room staff, effectively improve the awareness of nurses on the occupational hazards of gastroscopy room itself, strengthen their professional cultivation, improve their protection ability, and master a complete knowledge of safety protection.

2.2 Reasonable and correct use of chemical agents

Correctly master the use of various cleaning agents, the use of a variety of chemical agents, and the use of the scope and performance of the heart, in the configuration of chemical agents, must wear masks and gloves, and avoid the agent splashing into the eyes.

2.3 Open the window regularly to ventilate and keep the environment clean

The staff in the gastrointestinal room need to open the window regularly to ventilate, which can effectively reduce the microorganisms in the air. Especially after the work is over every day, it is necessary to disinfect and treat various instruments and equipment in the gastrointestinal room, and always keep the air fresh and the environment clean in the gastrointestinal room.

2.4 Establish a standard prevention concept to strictly prevent sharp instrument injury

Nurses in the gastroscopy room need to make pre-prevention before operation, prepare disposable gloves, prevent blood or body fluid splinters that may occur during operation, wear protective masks and anti-infiltration uniforms, and firmly establish a good sense of self-protection in the process of operation to avoid sharp instrument injury in the process of operation. If you are accidentally injured by a sharp instrument during the operation, you need to take off your gloves immediately and take corresponding measures to stop bleeding, register, and if necessary, preventive vaccination is required, through the injection of hepatitis B vaccine and high-priced immunoglobulin.

2.5 Strictly implement hand hygiene and improve compliance with hand hygiene

After research, it is not difficult to find that most of the health conditions in the hospital are caused by inappropriate operations, which are directly transmitted by hand. Therefore, nurses in the gastroscopy room must wash their hands before each operation, cut off the transmission route of the virus, and do their protection.

2.6 Prevention of psychological damage

The working time and rest time of nurses should be reasonably arranged, and the relevant psychological counseling lectures and related targeted activities should be carried out regularly to make nurses maintain an optimistic, cheerful positive, and relaxed mood, improve their psychological endurance ability, strengthen their self-adjustment ability, and fundamentally reduce the formation of psychological harm to nurses.

2.7 Strengthen supervision

Each department of the hospital needs to set up a special quality supervision group to supervise the quality of the equipment, and timely stop the illegal operation once it is found.

3. Conclusion

In summary, both large hospitals and small and medium-sized hospitals are paying more and more attention to the occupational hazards of hospital infection. Especially due to the particularity of the gastroscopy room, staff may be at greater risk of illness than other nurses in the process of working. Therefore, it is necessary to take good protective measures, make relevant preparations, and operate in strict accordance with the rules and regulations of the hospital. In addition, it is also necessary to be familiar with the various operations of the hospital to avoid the loss caused by personal improper operation. Pay attention to strengthening the protection of occupational safety, in the process of work need to set up a good standard prevention concept, and take positive and effective prevention and control measures to eliminate occupational hazards.

References

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