

COPD and High-Risk Occupations: Knowledge on Causative Substances and Safety Measures and Practice of Safety Measures

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Chronic Obstructive Pulmonary Disease (COPD) is a major cause of morbidity and mortality worldwide. A descriptive cross-sectional study was conducted with objectives to determine the distribution of COPD and high risk occupations and to assess knowledge and practice of safety measures among COPD patients in National Hospital for Respiratory Diseases, Welisara in 2018. The sample size calculation was done using a formula ($n = Z^2 \times P \times (1-P)/d^2$) with COPD prevalence and randomly selected sample of 175 COPD patients during the period of data collection (1st of September-31st of November 2018) in the hospital, using an interviewer-administered questionnaire. Data were analyzed using the descriptive analyzing method. P value < 0.05 was considered as significant. Sample consisted of COPD patients whose average age was 67 (± 10 SD) years and 78.9 % of them were males and 21.1 % were females. Occupations were divided into two categories as low-risk occupations which were less prone to COPD aggravations and high-risk occupations which were more prone to COPD aggravations. COPD-high risk occupational association was 62.7 % and more male patients (56.5 %) had engaged in and the patients who engaged in COPD-high risk occupations were more vulnerable to expose to COPD causative substances which damage lungs and airways (81.6 %). Knowledge on COPD causative substances was 63.2 %, while knowledge on safety measures was 47.1 %. Practice of safety measures was 29.9 % and the requirement of safety precautions was 16.1 % in the workplaces. Normal face mask was the most common type of safety measure used (85.8 %).

Keywords: Chronic Obstructive Pulmonary Disease, Occupational association, Safety measures