

Introduction

Following the international movement, a series of health promotion programs has designed to address comprehensive improvement of health and well-being in Taiwanese workplaces (Hsu et al., 2009; Huang et al., 2012). However, the outcomes and implementation appear to be limited as a result of that the majority of program designs have poor considered the specific health problems of the target population (Hsu et al., 2009; Lin & Lin, 2011).

Research found that the prevalence of health problems among workers is not uniform, but varies in different occupational categories (Huang et al., 2012). The nature of job demands and physical environment makes health care workers (HCWs) in emergency departments (EDs) become the particular group that needs more attention to their health problems (Hogarth, Beattie, & Morphet, 2016). The impacts of occupational health do not merely cause disability for individual workers, but also affect hospitals in regard to compensation, work productivity, absenteeism and sick leave (Pompeii, Lipscomb, & Dement, 2010). However, lacking data of work-related injury and illness for EDs in the governmental statistics (Bureau of Labor Insurance, Ministry of Labor, 2012), and rare studies investigating the specific workplace health and safety among this group of workers increase the difficulty in understanding their occupational health concerns and problems. This may also affect the direction and efficiency of programs development in workplace health promotion. Therefore, the aim of this study is to investigate the occupational health problems and the relevant risk factors among HCWs in EDs.

Methods

This is a cross-sectional study. Based on the hospital managers' interest, 9

EDs were randomly selected in the areas of north, middle and south in Taiwanese hospitals (3 hospitals for each area, and each hospital has more than 500 inpatient beds). Except HCWs did not completed their probation period, all full-time and qualified HCWs including physicians, nurses, pharmacists, technicians or other professional support personnel in the selected EDs were recruited.

A structured questionnaire was specifically designed and based primarily on the sample questions of healthy workplace (World Health Organization, 1999), and was approved by experts in the fields of emergency medicine, nursing, health promotion, and occupational health and safety. In order to identify health issues among HCWs in EDs, questionnaire was proposed to investigate demographic data; physical health problems; plan of health improvement; as well as work-related injuries and diseases. After data collection, descriptive analysis was used to explore the frequency distribution of demographic data and health problems. This study used Chi-square and logistic regression to examine the correlations between self-reported work-related injuries/diseases and the different personal and workplace variables.

Results

A total of 403 questionnaires were distributed and 326 (80.9%) questionnaires were returned. The majority of respondents were registered nurses (65.3%), university qualification (77.0%), an average of 33 years old, and an average of 5.36 years of working experience in EDs. However, around one fifth of participants ($n = 70$, 21.5%) could be identified as overweight because their BMI was equal or higher than 25.0 kg/m^2 (Table 1). The plans and considerations for improving personal health in the year ahead, do more exercise ($n = 228$, 70.2%), adopt a healthy diet ($n = 220$, 67.7%), or remove a major source of worry, nerves or stress from life ($n = 179$, 55.1%) were common.