



# Do physicians and nurses working in HPH are healthy?

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19<sup>th</sup> International Conference on Health Promoting  
Hospitals and Health Services

June 3, 2011, Turku, Finland



## AIM

To evaluate the opinion of physicians and nurses about their health and assess the prevalence of noncommunicable diseases (NCD) risk factors

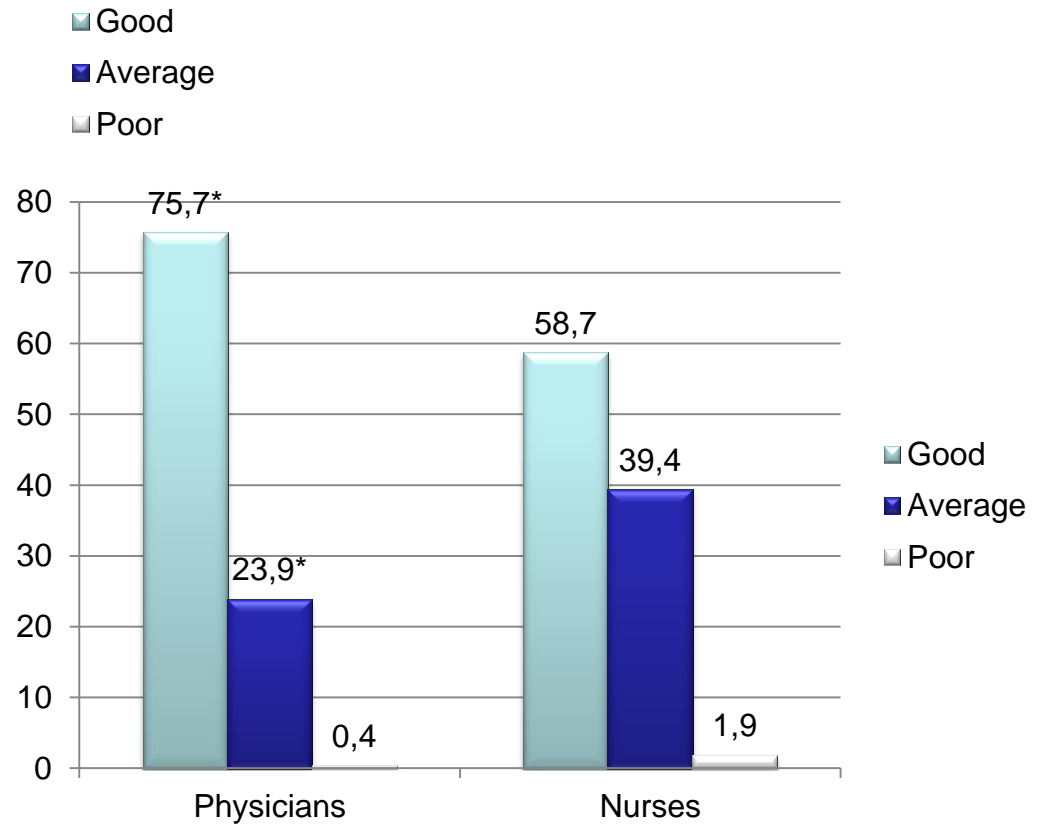
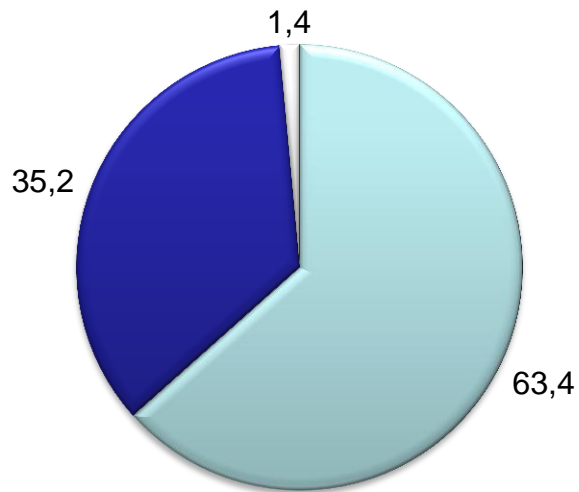


## METHODS

- Cross-sectional questionnaire study
- Three hospitals (from Lithuanian HPH network)
- Sample of physicians (n-280) and nurses (n-738)
- Response rate of 74,7 %

# RESULTS

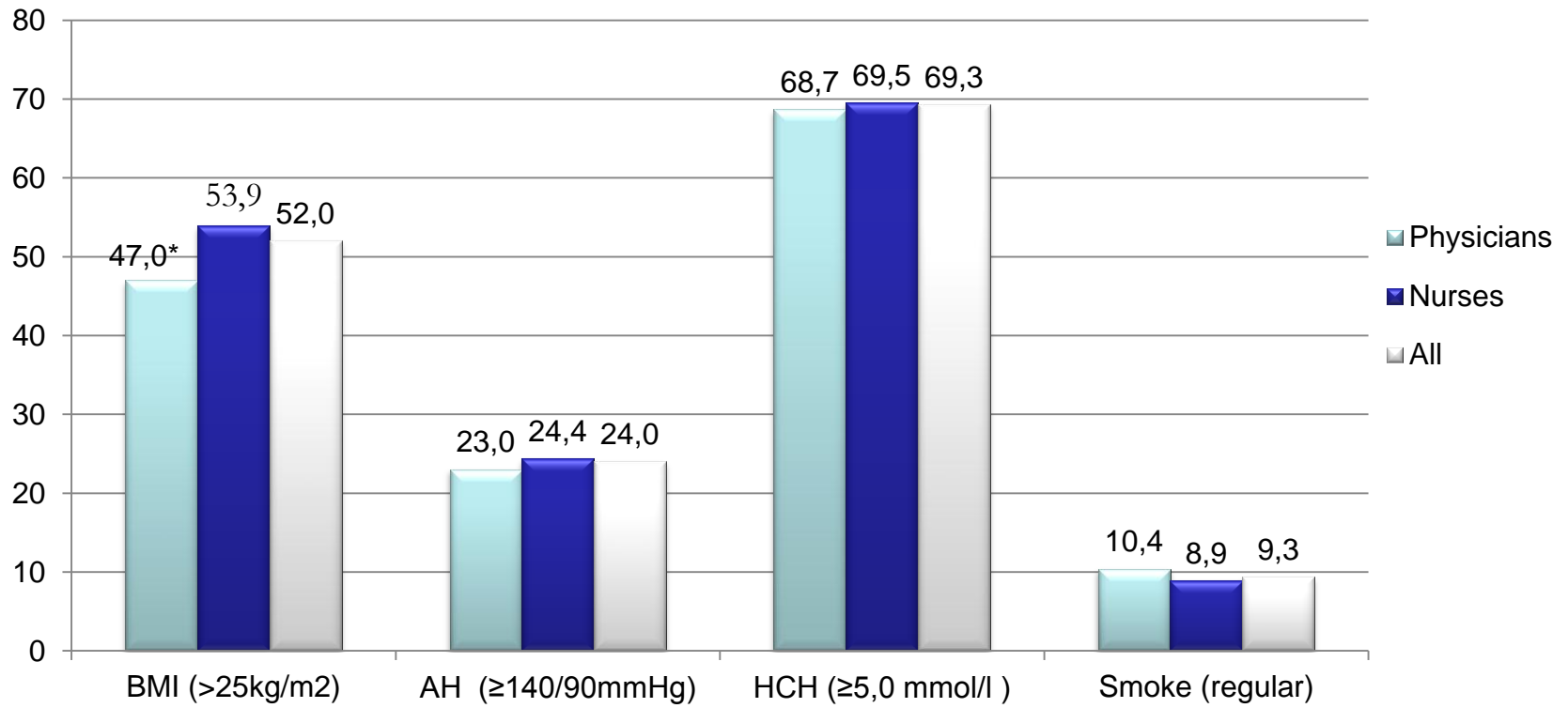
## Self-rated health among health personnel



\*-  $p < 0,05$  in comparison with nurses

# RESULTS

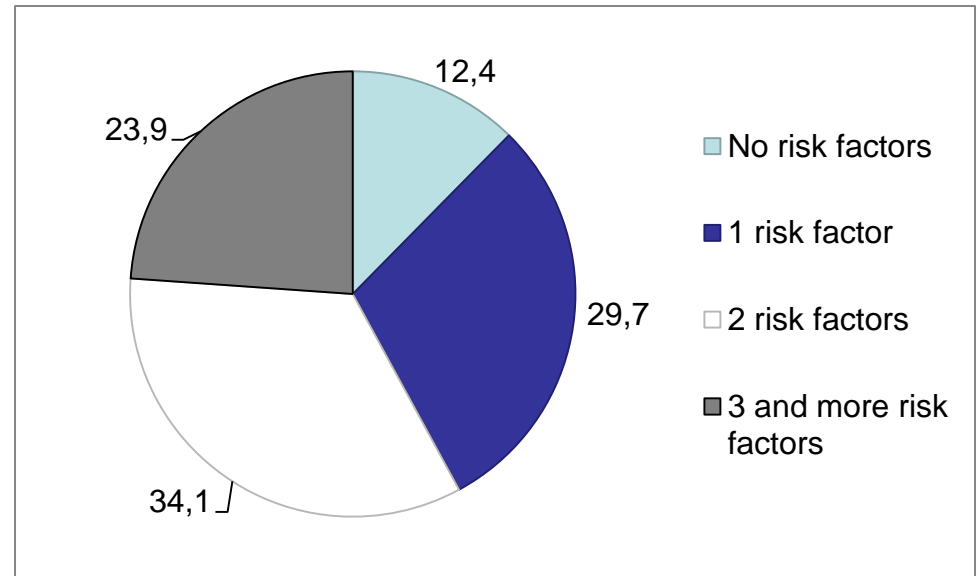
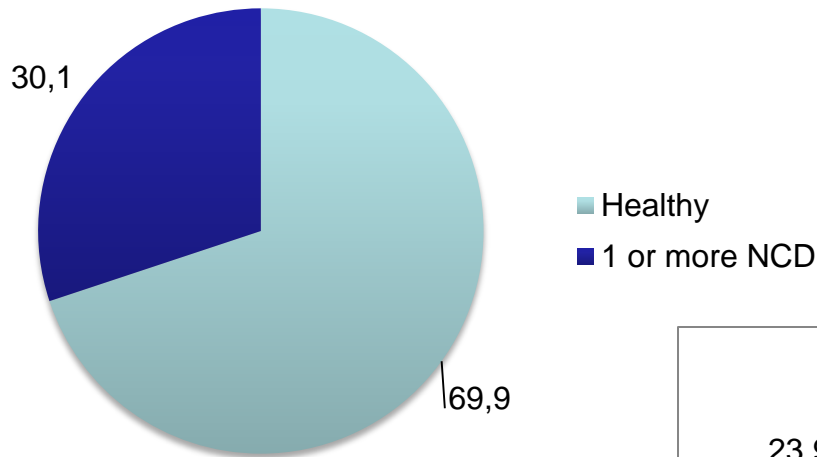
## Prevalence of NCD risk factors among health personnel



\*- p<0,05 in comparison with nurses

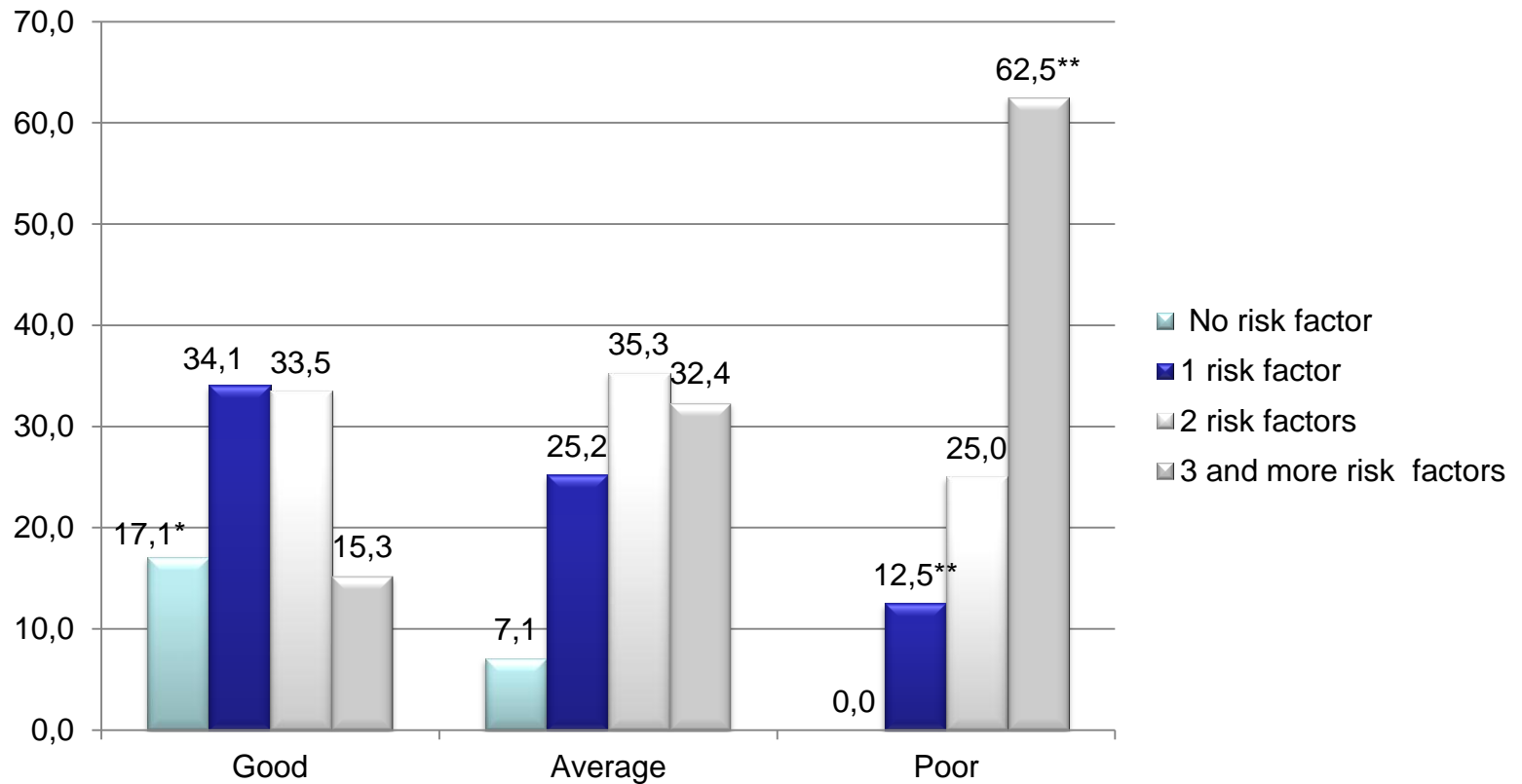
# RESULTS

## Prevalence of NCD and risk factors among health personnel



# RESULTS

## Self-rated health and prevalence of NCD risk factors among health personnel



\*-  $p < 0,05$  in comparison with average

\*\* -  $p < 0,05$  in comparison with good and average



## CONCLUSIONS

- More than half of health personnel evaluated their health as good. Nurses' self-evaluation of health was worse than physicians'.
- The prevalence of major risk factors is quite high and 1-2 risk factors were detected among majority of physicians and nurses.
- The health promoting programs within HPH should include projects related with risk factors control and HP activities among physicians and nurses.



*Best wishes from Kaunas!*