

ISSUES OF TREATMENT AND PREVENTION OF OCCUPATIONAL DISEASES OF WORKERS IN VARIOUS FIELDS OF ACTIVITY BY ART THERAPY

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Abstract

Various professional groups of the able-bodied population, such as medical workers, railway transport workers, teachers, and artists, quite often suffer from occupational diseases. Musicians, actors, and artists striving for mastery are forced to be at the limit of their physical, emotional, and intellectual capabilities. Railway transport workers (conductors, locomotive drivers) and teachers constantly experience violations in work and rest and are under psycho-emotional stress. As for the professional activity of medical worker, railway transport workers (conductors, locomotive drivers) and teachers, regardless of the type of work performed, it belongs to a group of professions with increased moral responsibility for the health and life of individuals, groups of the population and society as a whole. Art therapy may become a possible method of preventing occupational diseases in this group of patients.

Keywords: art workers, medical workers, art therapy, prevention, occupational diseases.

INTRODUCTION

Social and cultural policy in our country requires a review of management activities in existing local and global processes. The meaning of management is to create organizational and economic conditions for self-development of cultural life and socialization of the individual.

Unlike healthcare, management had appeared relatively recently in the social and cultural spheres, since the late 90s of the XX century, when new market trends in the development of Russian society became more visible. With the transformation of society, the sphere of culture, which existed for more than half a century in close connection with the state, experienced an acute shortage of knowledge, actions and new skills. In the cultural activities carried out in museums, theatres, and exhibition halls by folklore collectives, and creative people, a vacuum has arisen due to the lack of organizational and managerial technologies, coordination and projective practices, and marketing solutions. The same can be said about the management of railway transport.

Management, both in healthcare and in the social sphere, is the activity of an individual or a group of people to effectively use financial, creative, symbolic, material, social, intellectual and other cultural resources based on a system of methods and functions of managing organizations, projects, structures, etc. [1].

Suppose management in healthcare has clearly defined categorical gradations aimed at the organization of medical care and the personnel component, then among the essential features of management in railway transport and the socio-cultural sphere. In that case, it is necessary to pay attention to the nature and main goals of institutions in these areas, the services they provide, and monitoring the market in which they are forming.

The current stage of development of management technologies is very seriously dependent on social factors, and every large

enterprise strives to be a carrier of a particular corporate culture.

The implementation by the head of the primary managerial function in a medical or educational organization, cultural institutions, and railway transport facilities (as an example) begins with measures for the selection, placement and training of personnel. In an organization, as a rule, personnel are arranged according to professional purposes. Nevertheless, it is often necessary to teach them new methods of work and new technologies, and professional development. Sometimes it is required to select new personnel.

In general, effective management requires a system of motivations and incentives for employees to reveal their abilities at work and the clever use of production resources.

However, stressful situations that a medical worker or teacher gets into in the process of complex social interaction with a student and their parent or a patient and their relatives, or a passenger, insight into the essence of the patient's social problems, personal insecurity and other moral and psychological factors harm the health of the employee of a particular field of activity. That is why a healthcare manager should have the professional qualities of an expert doctor and psychological tools.

Results and discussion. There are ways of non-drug nonspecific prevention of occupational diseases. However, doctors of large hospitals, teachers, musicians, and railway transport workers do not often pay attention to preventing occupational diseases. Perhaps they lack theoretical training in this area. According to statistics worldwide, about 78.2% of doctors, 85.1% of teachers, 90% of musicians and every third employee of the housing and communal services have occupational diseases.

Occupational diseases among doctors have mainly detected with work experience of more than ten years in the age group more often 42.3 ± 1.2 years; musicians already in 70% of cases occur in people younger than 25 years, significantly often at the age of 18-23 years; teachers manifest with work experience in the range of 10-12 years at the age of 36.2 ± 1.5 years; for conductors and drivers of locomotives after 5-7 years of work on railway transport.

First of all, it is necessary to reduce the load on the nervous system for the prevention of occupational diseases among both medical and pedagogical workers, art workers, and housing workers. Calm classical music is suitable for this.

In the prevention of occupational diseases, an equally important aspect of the educational, performing and production activities of a doctor, conductor, or musician is the organization of the schedule of their professional activities, which do not always depend on the employee himself, especially in case of emergencies during train traffic.

Educational and industrial activities dictate their loads. Working in the evening and at night is very tiring. Such actions and work require strict observance of the work and rest regime. It will be rational in the case when work alternates with rest pauses. Observations have shown that a musician should not play for more than 30-40 minutes without a break. After 40 minutes, taking a break for 5-10 minutes is recommended since the continuation of the game for more than 40 minutes leads to fatigue of the neuromuscular apparatus. After 3-4 hours of classes, the rest should be longer [2, 4].

“The peculiarities of the working conditions of doctors (especially surgical profile) or life support workers are a long duration of working shifts (violation of work and rest), including work at night (which entails chronic lack of sleep); long static loads and physical stress (forced half-bent position during operations leads to cervical radiculopathy, shoulder spine, osteochondrosis, constant tension of the organ of vision at night leads to a violation of the visual apparatus); mental stress (high level of responsibility for the lives of patients or passengers, mental stress on teachers, increasing pressure on doctors and teachers from society).

It is known that in this regard, doctors and teachers are more susceptible to mental disorders; excessive tension of the analyzer systems in the life support workers (exceptionally high load on the organ of vision); increased risk of injury (often – damage to the hands with a scalpel, other cutting tools); constant exposure to chemical factors (medicinal aerosols, disinfectants, anaesthetics contribute to the oxidation of air in the operating room), physical (operating room microclimate – ventilation and heating, electromagnetic fields, laser irradiation, X-ray irradiation, increased atmospheric pressure, vibration, noise, insufficient lighting) and biological nature (risk of contracting tuberculosis, viral hepatitis B and With, syphilis, HIV infection). According to R 2.2.2006-05, “Hygienic criteria for assessing and classifying working conditions according to the indicators of harmfulness and danger of factors of the working environment, severity and intensity of the labour process”, working conditions are classified as harmful.

In connection with the above, poor health, fatigue, irregular diet, alcohol and tobacco abuse, insufficient exposure to fresh air, short sleep, and low motor activity can contribute to a more rapid occurrence of occupational diseases.

The types of therapy presented in medicine and psychology correspond to well-known kinds of art. There are the following types of art therapy: music therapy; art therapy; dance therapy; fairy tale therapy; drama therapy; doll therapy; phototherapy; game therapy; colour therapy; origami. Music therapy, a medical field that uses music for therapeutic and preventive purposes, is currently being considered in a broad integrative context. Music therapy is closely related to medicine, physiology, general and musical psychology and other scientific fields. Psychological states of personality are susceptible to melodic rhythms. Music therapy has been proven to regulate emotional states, ease feelings, and increase social activity [6].

There are several directions of music therapy:

1. Clinical music therapy deals with treating various psychosomatic disorders, eliminating pathological syndromes, and restoring impaired vital functions after diseases. Such treatment will be helpful to all groups of artists (especially actors).

2. Correctional and psychological music therapy activates a person's reserve capabilities, relieves nervous overstrain and fatigue, combats monotony, improves performance, general psychological recovery, social adaptation, development of mental and intellectual abilities, and induction of resource states. Such therapy will be beneficial for musicians.

3. Experimental music therapy is the newest direction. Its tasks include the study of reactions arising in living systems of various levels as a result of music therapy, the development of new diagnostic methods for the transformational possibilities of music therapy, the formation of psycho technologies using sound as a stimulator of states of consciousness in a broad sense [6].

The physiology of music is confirmed by medical science, which in current conditions, is looking for non-medicinal means of positive effects on the human body. Medicine is increasingly using music as a means to replace painkillers and some other drugs. The beneficial effect of music on the human psyche and sensitivity to pain was noticed much earlier than the harmful one. Medical scientists have developed completely objective parameters for assessing the influence of music on a person, for example, by registering changes in pulse or blood pressure [3, 5].

Conclusion. Since music is a rhythmically organized sequence of signals, it can affect those brain centres that regulate the frequency and intensity of heart muscle contractions. Well-chosen musical compositions can reduce the level of stress hormones in the blood and speed up the treatment process.

Thus, the heart can, as it were, adjust its rhythm and adapt itself, relying on music.

In addition to passive therapy, there is also active music therapy, which is a therapeutically directed, vigorous musical activity. For example, according to scientists, improvisation is a means of correcting and diagnosing a person's psychological state.

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