



Basic Occupational Safety and Health for Respiratory Diseases

Rano Mal Piryani¹, Suneel Piryani²

¹Professor of Pulmonology and Medical Education, Director Medical Education, Bilwal Medical College, Liaquat University of Medical and Health Sciences, Jamshoro, Sindh, Pakistan

²Public Health Professional, Karachi, Pakistan

The book entitled **“Basic Occupational Safety and Health for Respiratory Diseases”** is a desk guide for health facilities; the first edition was published in 2021 by The Union (International Union against Tuberculosis and Lung Disease). The guide basically summaries a comprehensive approach based on existing good practices pertaining to respiratory health specifically for the implementation in healthcare facilities in resource-limited settings. The guide contains 9 chapters.

The chapter one is **“Introduction”** which precisely outlines aims of guide, focus of guide and who uses this guide. Authors clarify the term health care workers used in the guide; the term health care workers are meant for all personnel clinical and non-clinical working in health care facility.

In chapter 2 **“What is occupational safety and health?”**, authors specifically mention about the meaning of occupational health services and occupational safety; occupational health is a right with reference to The Universal Declaration of Human Rights; and how occupational health approach helps the countries to reach the Sustainable Development Goals (SDG) linked to occupational health i.e. SDG 3.9, 8.8, 16.6.

“What is required in for occupational respiratory health in a health facility?” chapter 3 distinctly explains **“Workplace policy on Occupational Safety and Health”** related to respiratory diseases and infections; alignment of Infection Prevention and Control plan with National Infection Prevention and Control; and core components of Infection Prevention and Control program/plan of health care facility. In a chapter 4 **“How are respiratory infections spread?”**, authors have clearly

mentioned symptoms of respiratory infections and their severity (mild-moderate-severe); example of respiratory microorganism; particle size and person-to-person indoor spread; and methods of spread of respiratory micro-organisms such as aerosol, droplet.

Authors have started chapter 5 **“What are infection prevention and control measures and how are they implemented”** with venerable notion **“prevention is better than cure”**. In this chapter they objectively explicate infection prevention and control standard precautions such as hand hygiene, respiratory and cough hygiene, medical waste, transmission-based precautions.

Details about the hand hygiene and respiratory and cough hygiene is well illustrated with pictorial diagram in the chapter. Color coding and disposal mechanism for medical waste is depicted in table. In transmission-based precautions, hierarchy of airborne infection prevention and control measures such as administrative, environmental and personal protective equipment (PPE) is factually described and COVID-19 reference is given in explanation of PPE and sample collection.

Chapter 6 **“What is a comprehensive approach to occupational respiratory health in health facilities”** focuses on identifying respiratory health issues such occupational asthma, tuberculosis infection (TBI), tuberculosis disease (TB), early identifying risk factors for respiratory health such as diabetes mellitus (DM), HIV infection, tobacco use; and preventing respiratory diseases through influenza vaccination and tobacco-free workplace.

Chapter 7 **“How is a positive work environment for respiratory health created?”** emphasizes on

reduction of stigma and discrimination in community and provision of information, education and counselling, among the key elements of prevention.

Authors in a chapter 8 **“How are respiratory health conditions and infections managed among health care workers?”** have discussed about the importance of reporting respiratory symptoms, support during investigation and treatment, reporting an occupational illness, risk assessment for respiratory infections, job security and income protection, and critical respiratory health incidences.

In last chapter i.e., chapter 9 **“How are respiratory health conditions and infections monitored in health facilities and among healthcare workers?”** Authors enlighten the rationale of keeping occupational health records, monitoring adherence to facility, infection prevention and control plan, monitoring impact of a comprehensive

approach to respiratory health, operational research in occupational respiratory health.

Moreover, authors have included tables, figures and text boxes and five appendices which are plain and self-explanatory. The annexed sample respiratory health screen questionnaire can be utilized for research purpose.

The book is worth reading and of utility especially for health care workers providing occupational health services in resource limited settings and their supervisors; Infection prevention and control officers/focal persons and their supervisors at any level in the health system; and health care workers providing community health services or work in primary or district health services.

The health policy makers especially of resource limited countries adopts the guidelines of this desk guide; modify according to national requirements and implement for improvement occupational respiratory health in health care facilities of their countries.

ADDITIONAL INFORMATION AND DECLARATIONS

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Authors ORCID:

Rano Mal Piryani:  0000-0003-2574-7226;

Suneel Piryani:  0000-0003-2639-6018

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*Correspondence:

Prof. (Dr.) Rano Mal Piryani
Professor of Pulmonology and Medical Education,
Director Medical Education, Bilwal Medical College,
Liaquat University of Medical and Health Sciences,
Jamshoro, Sindh, Pakistan
E-mail: rano.piryani@gmail.com

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