

Protection of Ourselves During Health Care Service

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The role of nurse in health care service is very important in success of health care management. Nurse is an important part of the health care team at any levels (primary care to tertiary care). The work of nurses is usually hard and sometimes challenges. The occupational health issue of nurse is very interesting. In fact, nurse has to get the exposure to several hazards and dangers during the routine daily work. For a simple example, nurse has to work in the clinical setting and sometimes might get the risk from several pathogens. The air-borne infection is not uncommon and nurse can easily get infected [1]. Sometimes, nurse exposes to blood borne pathogen and this becomes the big consideration. The universal general precautions are the basic rule for any nurse to follow [2]. In fact, the infection control is the main knowledge and principle in nursing.

Nevertheless, there are also other issues for nurse to concern regarding risk and safety in occupational practice. Not only the biological hazard but also other non-biological hazard must be focused. Nurse sometimes exposes to dangerous chemicals. The good example is the nursing in clinical oncology unit where the use of dangerous chemotherapy is common. Nurse in community also has to take risk for contact of accident as well as others. Dog bite is very common for the community nurse who works in the tropical countries [3]. The risk of insult by the patients should also be mentioned. Nurse who works in the psychiatric ward usually get this problem. Sometimes, nurse can get the harassment by the rude patients and it is usually hard for the nurse to respond [4]. Basically, nurse should have open mind and feel not angry to any patients. Because the patient is a sick person, therefore, the unwanted behavior might occur. Nurse should have the self-protection for any risks and this must become the basic rule for any practice. For the administrator of the health care unit, the concern on occupational risk for the nurse is required and there must be the specific preventive and corrective actions for nurse regarding the risk.

Nevertheless, the simplest concept is the protection of our selves from any possible risks. In planning for nursing, the issue of patient is usually considered but we should also include the plan for identifying the risk and preparation for prevention regarding any possible risk during clinical practice. As a concept in preventive medicine, nurse should apply the prevention principle and starts the self-protection behavior to achieve the best clinical nursing service at any level.

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