

PROJECT TITLE:- AN ANALYSIS OF THE HEALTH STATUS OF THE FOOD HANDLERS

BACKGROUND

Health of the staff matters to patient care and all aspects of work environment should be attended to in order to foster a culture of patient safety. Hence, pre-employment health check up and continuous medical check-up is an essential factor to determine the candidate's medical fitness for employment. The medical exam ensures productivity and efficiency of employee which is a valuable asset for any organization.

At Fortis Hospitals, health check up for all the employees are done prior to their employment and thereafter a periodic checkup is done every 6 months.

✧ The medical check up for all food service personnel include: Physical Examination-

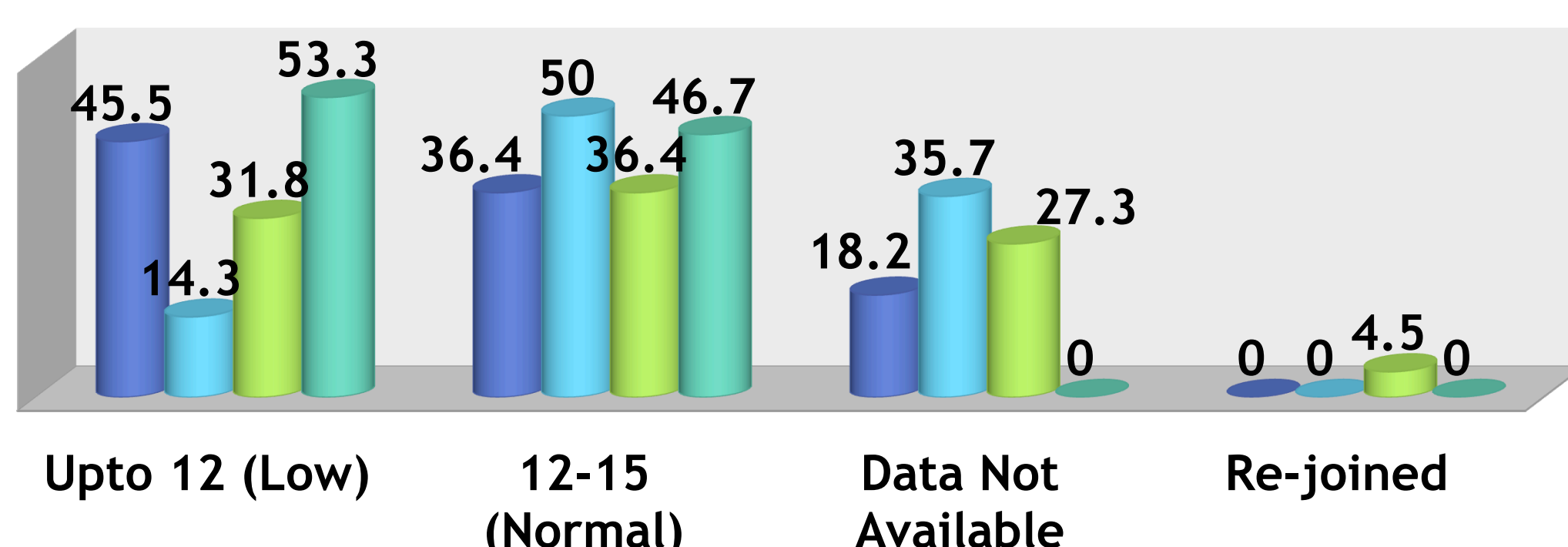
♣ Chest X-ray ♣ Urine & Stool routine ♣ CBC count ♣ VDRL

✧ Typhoid and Hepatitis B vaccine are not offered as a routine to the food handlers.

SECONDARY DATA- ANALYSIS OF THE HEALTH REPORTS

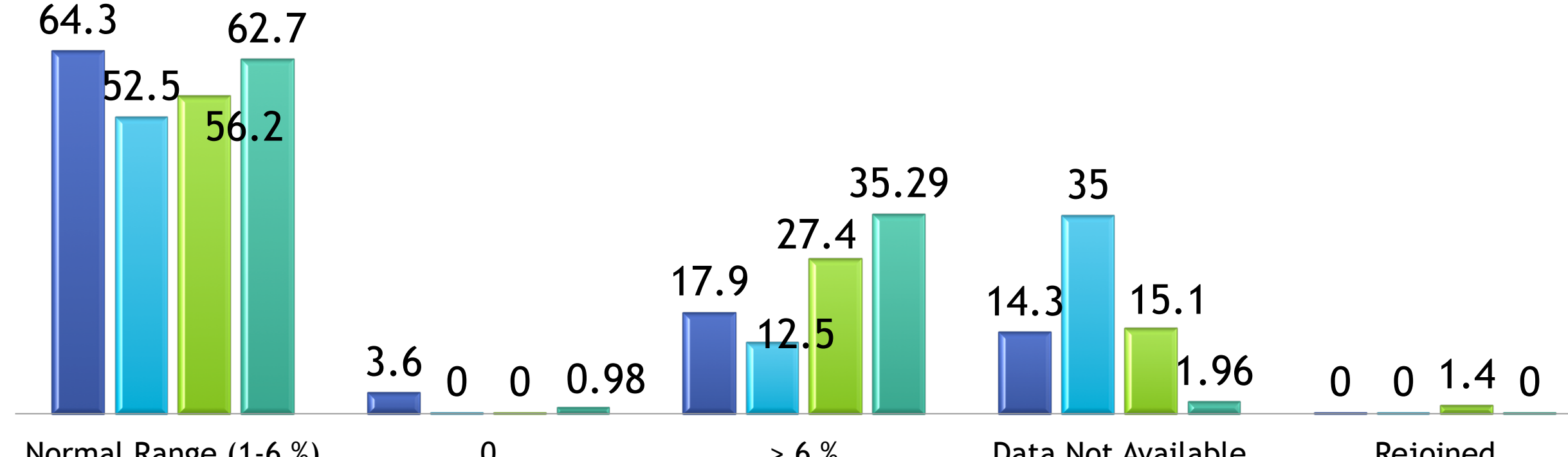
HAEMOGLOBIN (FEMALES)

■ 2014 (Jul-Dec) ■ 2015 (Jan-Jun) ■ 2015 (Jul-Dec) ■ 2016 (Jan-Jun)



EOSINOPHIL COUNT

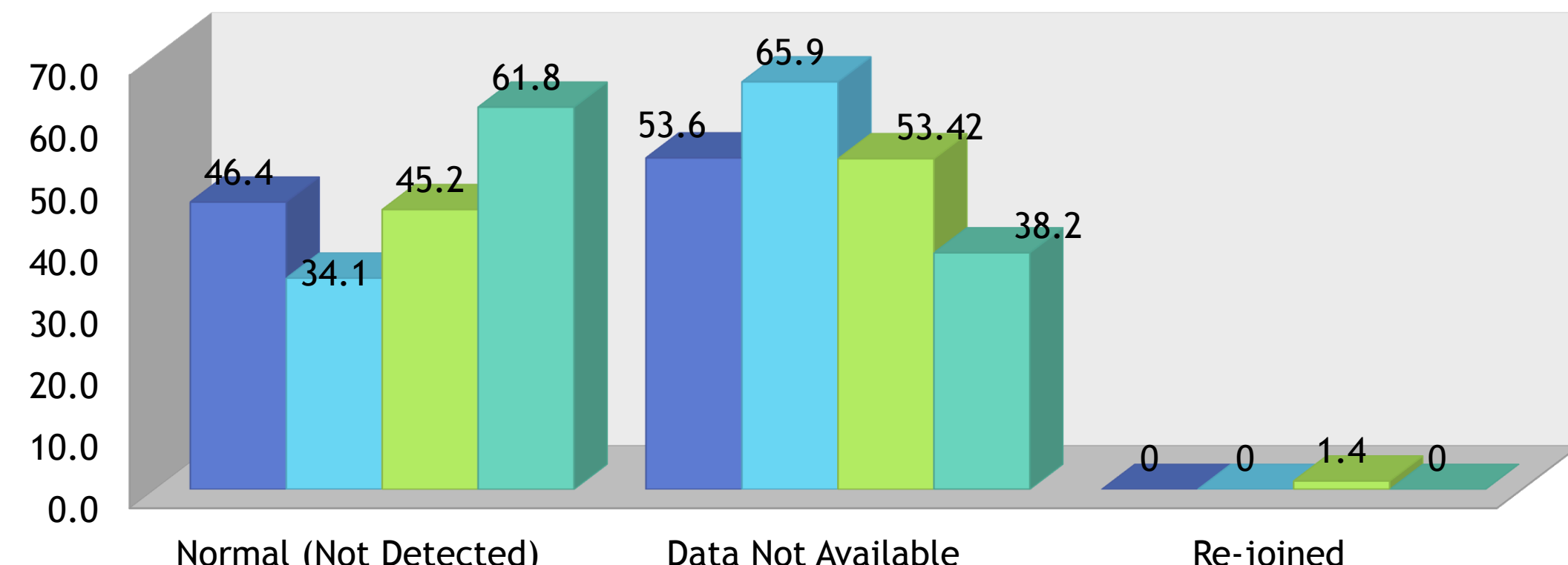
■ 2014 (Jul-Dec) ■ 2015 (Jan-Jul) ■ 2015 (Jul-Dec) ■ 2016 (Jan-Jun)



- Low haemoglobin levels especially in females i.e. **53.3 %** (out of 30) had a Hb count between 7.4 to 11.6.
- **35.3 %** of the staff (out of 102) in 2016 had a high eosinophil count in 2016.

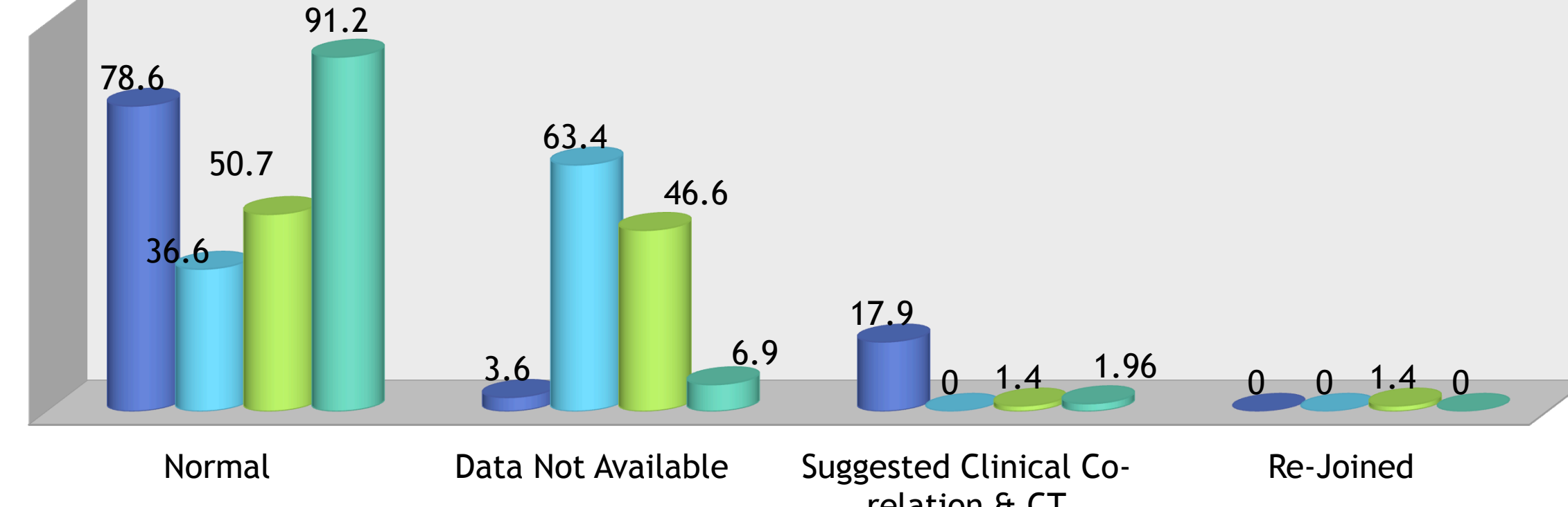
STOOL CULTURE AND ORGANISM

■ 2014 (Jul-Dec) ■ 2015 (Jan-Jun) ■ 2015 (Jul-Dec) ■ 2016 (Jan-Jun)



CHEST X-RAY

■ 2014 (Jul-Dec) ■ 2015 (Jan-Jun) ■ 2015 (Jul-Dec) ■ 2016 (Jan-Jun)



Tests for stool and organism was negative for all the employees who were tested implying that there is no obvious reasons for high eosinophil count and hence it is asymptomatic. **37.8%** (out of 37) employees are unaware of the health check-up implications even though they have done their health check-up. **76%** of the employees are unaware of the safety precautions and measures to be taken. **19%** did not take the typhoid vaccination due to pregnancy or they were just supervisors who did not handle with food.

RECOMMENDATIONS

- ❖ The food handlers must be made aware of the purpose of the health check-ups and that meeting the doctor does not necessarily mean that they are unwell, through health education. The food handlers could be briefed about the WHO "golden rules" for safe food preparation.
- ❖ Food handlers must be given basic first-aid training as they are prone to kitchen accidents.
- ❖ Health check-up of the new food handlers should be done prior to their employment or within 7 days of joining.
- ❖ De-worming tablets must be given to all the food handlers, especially the ones with the high eosinophil count and those who had a low Haemoglobin count, were asked to come for follow-up after 6-8 weeks with their new complete blood count after taking the prescribed iron tablets.

OBJECTIVES

- Food handlers awareness of the health check-up policy and its implications
- Validation of data against the health check-up reports of the food handlers
- To identify those employees whose reports are showing abnormal ranges
- Major health problems and the reasons behind their ill-health, if any
- Follow up is done for those food handlers who have any abnormality or health issue.

METHODOLOGY

Cohort of participants: Food handlers (Cooks/Kitchen staff, Stewards, Coordinators, Supervisors)

Data Source: Secondary Data Collection (Health check-up reports of the food handlers); Primary Data Collection (Structured Interviews of the food handlers to find out their awareness about health check-up and safety precautions)

Study type: Retrospective Descriptive Study

Methodology: Non-probability convenience sampling used for taking structured interviews

Study Selection: Employees of the Food & Beverage Department

Sample size: 2016 (Jan-Jun)= 102 reports 2015 (Jul-Dec)= 73 reports

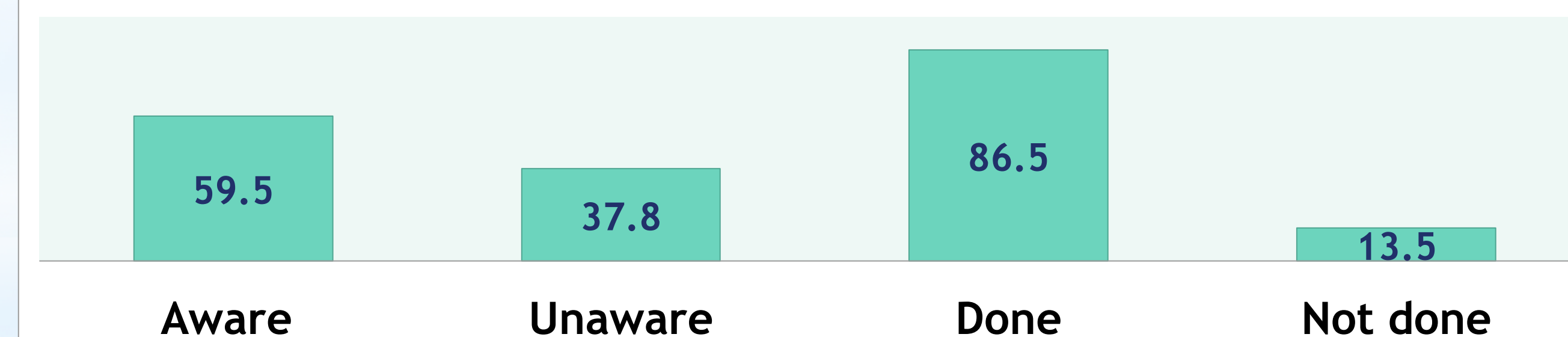
2015 (Jan-Jun)= 43 reports 2014 (Jul-Dec)= 29 reports

PRIMARY DATA- ANALYSIS OF THE STRUCTURED INTERVIEWS



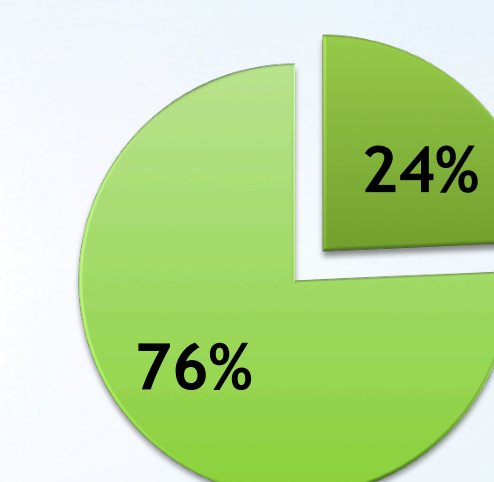
HEALTH CHECK-UP ?

"Sample Size=37"



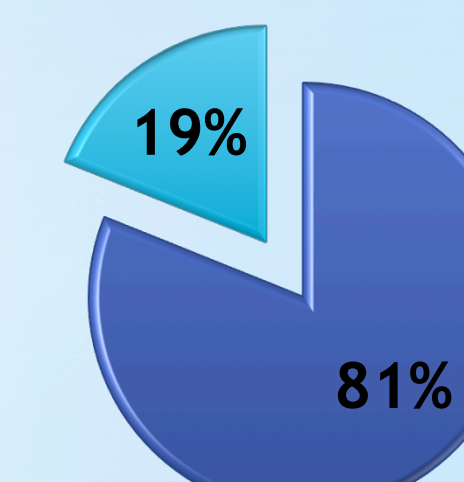
SAFETY AWARENESS

■ Aware ■ Unaware



TYPHOID VACCINATION

■ Yes ■ No



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