

Is the Work Pressure Accelerating Blood Pressure - A Cross Sectional Study in a Pressure Cooker Manufacturing Industry

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Abstract

Introduction: High blood pressure is one of the major risk factors for cardiovascular disease in current scenario. Epidemiological studies have shown that psychosocial factors such that, workplace psychosocial health may also contribute to high blood pressure. Accumulative effect on frequent or continuous exposure to work related strain, job dissatisfaction and lack of Peer /Social supports can affect the both psychological and physical health.

Material and Methods: Cross-sectional observation study, on comparing both reading of blood pressure of same individuals, first reading on entering the factory for the work and second reading after the 4th hour of his/ her 8-hours shift then variations of blood Pressure had been noted.

Results: One employee has 32 mmHg of systolic blood pressure variation on comparing both reading of blood pressure and one employee found to be newly diagnosis hypertension on this screening. Risk of cardiovascular disease due to hypertension found to be less among the employees of that particular manufacturing plant in that particular time.

Conclusion: Risk of cardiovascular disease due to hypertension found to be less among the employees of that particular manufacturing plant in that particular time.