

CARACTERIZAÇÃO DO PERFIL DE ADOECIMENTO POR LER/DORT EM UM CENTRO DE REFERÊNCIA EM SAÚDE DO TRABALHADOR

Characterization of the profile of adoption by RSI / WRMD in a worker health reference center

Caracterización del perfil de adopción por LER / TORT en un centro de referencia de salud para trabajadores

Resumo

As Lesões por Esforço Repetitivo/Distúrbios Osteomusculares Relacionados ao Trabalho apareceram com maior incidência a partir do final dos anos 70, com destaque na década de 80. Atualmente um problema significativo entre trabalhadores nos mais diversos segmentos laborais, ocasionando elevado contingente de trabalhadores lesionados com prejuízo para saúde e consequentemente para produção, justificando a importância de estudos dessa temática. O objetivo deste estudo foi caracterizar o perfil de adoecimento por LER/DORT de usuários do Centro de Referência em Saúde do Trabalhador de uma cidade de médio porte no interior de São Paulo, entre o período de 2016 a 2017. A coleta de dados foi realizada a partir de um banco de dados informatizado, onde são registradas informações pessoais e profissionais dos usuários, bem como registro de acompanhamento e evolução do tratamento. Para a análise dos resultados foram aplicados cálculos de estatística descritiva. Os resultados revelaram prevalência da Síndrome do Manguito Rotador, seguida da Dor Lombar Baixa e Síndrome do Túnel do Carpo. Estas foram mais frequentes em mulheres, trabalhadoras domésticas, com predomínio de adoecimento acima de 40 anos de idade e em relação à evolução clínica houve predomínio de alta por melhora e elevada evasão do tratamento. Espera-se que os resultados ofereçam subsídios para a implantação de ações de prevenção e promoção da saúde, bem como de intervenção junto aos trabalhadores, além de nortear políticas públicas de atenção a essa população.

Palavras-chave: Doenças Profissionais, Saúde do trabalhador, Terapia Ocupacional, Reabilitação Vocacional.

Abstract

Repetitive Strain Injury / Work-Related Musculoskeletal Disorders appeared with greater incidence from the late 1970s onwards, especially in the 1980s. Currently a significant problem among workers in the most diverse occupational segments, causing a high contingent of injured workers with injury for health and consequently for production, justifying the importance of studies of this theme. The aim of this study was to characterize the Repetitive Strain Injury / Work-Related Musculoskeletal Disorders profile of users of the Occupational Health Reference Center of a medium-sized city in the interior of São Paulo, from 2016 to 2017. Data collection was performed from a computerized database, where users' personal and professional information is recorded, as well as monitoring and treatment evolution records. For the analysis of the results, descriptive statistics calculations were applied. The results revealed a prevalence of rotator cuff syndrome, followed by low back pain and carpal tunnel syndrome. These were more frequent in women, domestic workers, with a predominance of illness above 40 years of age and in relation to clinical evolution, there was a predominance of high for improvement and high treatment dropout. The results are expected to offer subsidies for the implementation of health prevention and promotion actions, as well as intervention with the workers, besides guiding public policies of attention to this population.

Keywords: Occupational Diseases, Occupational Health, Occupational Therapy, Rehabilitation, Vocational

Resumen

Las lesiones por esfuerzo repetitivo / trastornos musculoesqueléticos relacionados con el trabajo aparecieron con mayor incidencia desde finales de los años setenta en adelante, especialmente en la década de 1980. Actualmente es un problema importante entre los trabajadores en los segmentos laborales más diversos, causando un alto contingente de trabajadores lesionados con lesiones para la salud y, en consecuencia, para la producción, justificando la importancia de los estudios sobre este tema. El objetivo de este estudio fue caracterizar el perfil de enfermedad lesiones por esfuerzo repetitivo / trastornos musculoesqueléticos relacionados con el trabajo de los usuarios del Centro de Referencia de Salud Ocupacional de una ciudad mediana en el interior de São Paulo, de 2016 a 2017. Se realizó la recolección de datos de una base de datos computarizada, donde se registra la información personal y profesional de los usuarios, así como los registros de seguimiento y evolución del tratamiento. Para el análisis de los resultados, se aplicaron cálculos estadísticos descriptivos. Los resultados revelaron una prevalencia del síndrome del manguito rotador, seguido de dolor lumbar y síndrome del túnel carpiano. Estos fueron más frecuentes en mujeres, trabajadoras domésticas, con un predominio de enfermedades mayores de 40 años y en relación con la evolución clínica, hubo un predominio de alta para mejoría y alta deserción del tratamiento. Se espera que los resultados ofrezcan subsidios para la implementación de acciones de prevención y promoción de la salud, así como la intervención con los trabajadores, además de orientar políticas públicas de atención a esta población.

Palabras clave: Enfermedades Profesionales, Salud Laboral, Terapia Ocupacional, Rehabilitación Vocacional.

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QRVWLFdGRV FRPR WUDQVWRUQRV GRV WHFLGRV PROHV VHJXLGR GH
GRU DUWLFXODU 4XDQWR DRV HQFDPLQKDPHQWRV WL
OKRUD DOWD SRU DEDQGRQR H IRUDP HQFDPLQKD
VHUYLOR 7DEHOD

7DEHOD&DUDFWHUL]DomR GDV 'RHQoDV GR 6LVWHPD 2VWHRPXVFXODU
YR GLDJQyVWLFH H WUDWDPHQWR

9DULiYHLV)UHTXrQF3HUFHQWXDO

'RU DUWLFXODU

&HUYLFDQJLD 0
/XPEDJR FRP FLiWLFd 0
'RUVRSdWLDV RU ORPEDU EDL[D 0
0 D 0 6tQGURPH GR W~QHO GR FDUSR *
'RUVDOJLD 0

6LQRYLWH H WHQRVLQRYLWH QmR HVSHFLILFDGD 0
7HQRVLQRYLWH HVWLOYLGH UDGLDO 0
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WHFLGRV RSDFRQGLOLWH PHGLDO 0
0 D 0 7HQGLQLWH 0
(SLFRQGLOLWH ODWHUDO 0
0LDOJLD 0

\$OWD SRU PHOKRUD
(QFDPLQKDGR SDUD RXWUR VHUYLOR
\$OWD SRU DEDQGRQR
&RQGxWDV \$OWD VHP QH[R
(P DEHUWR
\$OWD D SHGLGR
2XWUR VHUYLOR[R
\$OWD VHP PHOKRUD

*rQHUR H 'LDJQyVWLFH

1R TXH VH UHIHU DR JrQHUR D PDLRULD VmR PXOKHUHV
WXGRV FRP WHPiWLFd V&RPHOKRUDWR DR GLDJQyVWLFH WHQGR FRP
D PDLRULD DSUHVHQWRX VtQGURPH GR PDQJXLWR URWDGRU

2FXSDo}HV H VD~GH

(P UHODomR jV RFXSDo}WV Q+HPLURFRX SUHVVLGR GH HPSUHJDGDV
FDV VHJXLGR GH RSHUDGRUHV GH PiTXLQDV FRQIRUPH YLVXDOLJDGR

)LJXUD 2FXSDo}HV PDLV DWHQGLGDV QR &(5(67

'R WRWDO GH FDVRV DQDOLMDSURHG RPEQLBGRXV WUDEDOKDGRF
PpVWLFRV RSHUDGRUHV GH PiTXLQDV H FRQVWUXon

'DGRV GD 2UJDQL]DomR ,QWHUQDF 2RQDO GBHYHDEEDOKR TXH
R %UDVLO SRVVXtD PLOK}HV GH HPSUHJDGRV GRPpVWLFRV VHQG
[R IHPLQLQR

'RHQoDV GH PDLRU SUHYDOrQFLD

1D)LJXUD DEDL[R VmR DSUHVHQWDGDV DV GRHQoDV PDLV SUH
YHVWLJDGR

)LJXUD±'RHQoDV GH PDLRU SUHYDOrQFLD

\$ VtQGURPH GR PDQJXLWR URWDGRU IRL D PDLV SUHYDOHQWH
GRU ORPEDU EDL[D IDWRU TXH SRGH VHU DVVRFLDGR DRV P
H IOH[mR GRV RPEURV DFLPD GH JUDXV EHP FRPR D IOH[mR GH WU
UDFWHUtVWLFdv GR WUDEDOKR GRV HPSUHJDGRV GRPpVWLFrv \$ VtQ
SUHVHQWRX RFRUUrQFLDV H D HSLFRQGLLWH ODWHUDO FRP
UHLWHUDGR GR SXQKR FRWRYHOR H DQWHEUDoR QD PDLRULD GDV DV
OKDGRUHV -~~VHVDH~~OHYDGD SUHYDOrQFLD GH FRPSURPHWLPHQWRV HP
UHV VH VRPDGDV DV SULQFLSDLV SDWRORJLDV ORFDOL]DGDV HP RPE
QKR \$ VtQGURPH GR PDQJXLWR URWDGRU HVWi HQWUH RV SULQFLSDI
PXOWLIDWRULDO SRUpP JHUDOPHQWH DVVRFLDGD j URWLQD ODERUD
GHV UHSHWLWLYDV FDUJD GH WUDEDOKR H MRUQDGD H[FHVVLYD GH

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(P kPELWR PXQGLDO D GRU ORPEDU DWLQJH GD SRSXODomR

\$ SUHYDOrQFLD GD VtQGURPH GR W~QHO GR FDUSR p HVWLPDGD GH
WXGR HQWUH H DQRV 2 WUDWDPHQWR SRGH VHU IHLWR GH PDQH
LPRELOL]DomR SRU yUWHVHV LQMHomR GH FRUWLFRLGH H FRUWLFRL

\$ HSLFRQGLLWH ODWHUDO p XPD GRHQoD LQIODPDWyULD GRV W
GRV GHGRV SUHYDOrQFLD YDULD GH D GD SRSXODomR HP JHUDO
GH D DQRV 7UDWDPHQWR SRGH VHU FRQVHUYDGRU FRQVLVWLQG
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HSLFRQGLLWH HP PHQRV GH GRV FDVRV p QHFHVViULRV WUDWDPH

\$ GRU DUWLFXODU HVWi HQWUH RV WLSRV GH GRUHV PDLV IUHTX
SDLV FDXVDV VmR WUDXPD H LQIODPDomR FRP FRPSURPHWLPHQWR G
SUHHQGH GHVGH XPD UHVWULomR GH PRYLPHQWRV DWp D FRPSOHWD
SRGH VHU IHLWR FRP IiUPDFRV DQDOJpVLFrv H[HUFtFLRV H HVWLFXO
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1HVVD VHomR VHUi DSUHVHQWD D UHODomR HQWUH DV SULQFLSD
TXDQWR DR JrQHUR IDL[D HWiULD H HIHWLYLGDGH GR WUDWDPHQWR

&RQVLGHUHQGR DPERV RV-VH[~~QD~~)REXUDYDTXH SDUD D PDLRULD
WRORJLDV LGHQWLILFDGDV KRXYH SUHGRPtQLR GH RFRUUrQFLD HP P
HVVDV UHSUHVHQWDUDP GD DPRVWUD 2XWUR DVSHFWR D GHVW
EDOKDGRUHV GRPpVWLFrv FXMDV PXOKHUHV UHSUHVHQWDPRV PDLRU
VHV DVSHFWRV PHQFLRQDGRV D SUHVHQoD FRXP HQWUH HODV GD M
GHYLGR DV WDUHIDV GRPpVWLFdv R TXH DFDUHHWD HP PDLRU SUHV

JDGDV SRU PRYLPHQWRV UHSHWLWLYRV WHPSR SURORQJDGR H FRP V
SHUDomR GR GHVJDVWH SURILVVLQRQDO R TXH DV WRUQDP PDLV SURS
GRHQoD

)LJXUD±'LVWULEXLoMR GDV GRHQoDV TXDQWR DR JrQHUR

)LJXUD±'LVWULEXLoMR GDV GRHQoDV TXDQWR D LGDGH

)LJXUD±(YROXomR FOtQLFD GDV GLIHUHQWHV SDWRORJLDV

(P UHODomR j IDL[D HWiULD H GLVWULEXLomR GDVGRBQHDV QD
GRPtQLR GH DGRHFLGRV FRP IDL[D HWiULD DFLPD GH DQRV HP WRG
GDV FRP H[FHomR GD 605 FXMD SUHYDOrQFLD IRL DFLPD GH DQRV
WH SDUD /(5 '25RLV WDO FRQGLomR VH MXVWLILFD SRU FRQWD GR GH
SHVVRDV FRP PDLV LGDGH DSUHVHQWDP DR ORQJR GD YLGD H WDPEp
DR PDLRU WHPSR GH H[SRVLomR HP IXQomR GD TXDQWLGDGH GH DQRV

(P UHODomR j HYROXomR FOtQLFD GRV SDFLHQWHV GH DFRUGR F
LGHQWLILFDGDV FRPR REVHUYDGR VHD SUHXYDDrQFLDUGHLFRQWD SRU PH
HP WRGDV DV SDWRORJLDV R TXH UHYHOD HIHWLYLGDGH GR VHUYLoR
UDU R Q~PHUR HOHYDGR GH DOWDV SRU DEDQGRQR GR WUDWDPHQWR
oRV GH UHDELOLWDomR p D GHVLVWrQFLD GR WUDWDPHQWR QR FDVR
EDOJLDV H GLVFRSDWLDV 2XWUR DVSHFWR D VHU GHVWDFDGR p D SU
RV IXQFLRQiULRV QmR DSUHVHQWHP DWHVWDGRV PpGLFRV RX FRPSUR
DRV VHUYLoRV GH VD~GH FRQVWLWLQGR PXLWDV YH]HV HP DPHDoDV

&216,'(5\$d@(6),1\$,6

2 SUHVHQWH HVWXGR EXVFRX FDUDFWHUL]DU R SHUILO GH DGRH
&HQWUR GH 5HIHVDQFLDGRP WUDEDOKDGRU GH XPD FLGDGH GH PpGLR
GH 6mR 3DXOR H FRQVWDWRX TXH D VtQGURPH GR PDQJXLWR URWDGR
OHQWH VHJXLGD GD GRU ORPEDU EDL[D H VtQGURPH GR W~QHO GR F
HP PXOKHUHV WUDEDOKDGRUDV GRPpVWLFDV FRP SUGRPrPtQLR GH D

DQRV GH LGDGH H HP UHODomR j HYROXomR FOtQLFD KRXYH SUHGRPt

7UDWB GH XP FRQWLQJHQWH HOHYDGR GH WUDEDOKDGRUHV DFR
FXMR SHUILO GH DGRHFLPHQWR VXJHUH D QHFHVVLGDGH GH LQWHQV
H SURPRomR GH VD~GH SULQFLSDOPHQWH MXQWR j SRSXODomR IHPLQ
GLo}HV GH WUDEDOKR H VD~GH SUHVHQWHV QR WUDEDOKR H GHPVWLF
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&DEHP DLQGD UHIOH[}HV DFHUFD GD HYROXomR FOtQLFD XPD YH
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WLJDU VH DV FRQGXWDV WHUDSrXWLFDV HVWmR VHQGR DGHTXDGDV D
GRV SDFLHQWHV 1HVVH-WHHQTLGRVHMSXODWDGRV SRVVDP VXEVLGLDU
PHQWR GH SROtWLFDV S~EOLFDV GH SURPRomR H SUHYHQomR GD VD~
FRPR SDUD R QRUWHDPHQWR GD DVVLVWrQFLD RIHUHFLGD DRV SDFLH
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5HIHUrQFLDV

/DQFPDQ 6 *KLUDUGL 0,* 3HQVDQGR QRYDV SUIWLFDV HP WHUDSLD
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6DQFKHV (0 &XWROR /5\$ 6RDUHV 3 6LOYD 50 2UJDQL]DomR GR W
GRORURVD H VLJQLILFDGR GH VHU SRUWDGRU GH /(5 '257-3VLFRO \$U

\$QGUDGH 36 &DUGRVR 7\$2 3UD]HU H GRU QD GRFRQFLD UHYLVmR
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%UDVLO %ROHWLP (SLGHPLROyJLFR 6HFUHWUDLD GH 9LJLOkQFLD
i %UDVLO

0LQLVWpULR GD 3UHYLGrQFLD 6RFLDO ,QVWUXomR 1RUPDWLYD Q ž
\$SURYD 1RUPD 7pFQLFD VREUH /HV}HV SRU(RRV LdRV~ 5H\$SRWL2WLY
WHRPXVFXODUHV 5HODFLRQDGRV DRUZR DEDFLDFO GD 8QLmR 3RGHU ([H
%UDVtOLD ') GH] 'LVSQRtYHO HP ') GH] 'LVSQRtYHOH
ZZZ PSDV RUJ EU

0RUDHV 3:7 EDVWRV \$9% \$V /(5 '257 H RV IDWRUHV SVLFRVVRFLDL
5LR GH -DQHLUR -

1HJUL -5 HW DO 3HUILO VRFLRGHPRJUiILFR H RFXSDFLRQDO GH WU
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\$UD~MR 0\$ 3DXOD 094 /(5 '257 XP JUDYH SUREOHPD GH VD~GH S~
RV FLUXUGHJHWLVWDV 5HY \$36 -

%UDVLO 0LQLVWpULR GD 6D~GH 6HFUHWdULD GH 9LJLOkQFLD HP
OkQFLD HP 6D~GH \$PELHQWDO H 6D~GH GR 7UDEDOKDGRU 'RU UHODF
SRU HVIRUoRV UHSHWLWLYRV /(5 GLVW~UELRV RVWHRPXVFXODUHV
'257 0LQLVWpULR GD 6D~GH 6HFUHWdULD GH 9LJLOkQFLD HP 6D~G
OkQFLD HP 6D~GH \$PELHQWDO H 6D~GH GR 7UDEDOKDGRU %UDVtOLD

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6LOYD 15 7R\RGD &< \$YDOLDomR GH FRQGLo}HV GH WUDEDOKR HP
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±

\$OHQFDU 0& % 2WD 1+ 2 DIDVWDPHQWR GR WUDEDOKR SRU /(5 '2
VD~GH PHQWDO 5HY 7HU 2FXS 8QLY 6mR 3DXOR

0HGHLURV 0)1 0HGHLURV /0 6LQWRPDV GH /HU 'RUW HP 3URILVVLR
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/(5 '257 &DG 7HU 2FXS 8)6&DU63mR &DUORV-

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VD~GH RFXS 6mR 3DXOR -

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WLYRV /(5 '257 HP F-LGHQWLJHWDV GD &OtQLFD 2GRQWROyJLFD GD 3RC
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-DFTXHV && \$QW{QLR '*' %HQWHV)0 'LVW~UELRV RVWHRPXVFXOD
PH GR PDQJXLWR URWDGRU H VtQGURPH GR LPSDFWR 8PD DERUGDJH
JXVWXV -

1DVFLPHQWR 35& &RVWD /23 3UHYDOrQFLD GD GRU ORPEDU QR %
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&KDPPDV 0 %RUHWWR - %XUPDQQF /0 5DPRV 50 6DQWRV 1HWR)&
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RUWRS 6mR 3DXOR -

&RKHQ 0)LOKR *50 (SLFRQGLOLWH ODWHUDO GR FRWRYHOR 5HY I
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3HVVRD -&6 &DUGLD 0&* 6DQWRV 0/& \$QiOLVH GDV OLPLWD 0}HV
WLYDV GRV WUDEDOKDGRUHV FRP /(5 '257 SDUW(5LS&DQWHWXGR GUXSR
FDVR &LrQFLD 6D~GH &ROHW-LYD

9LHJDV /57 \$OPHLGD 00& 3HUILO HSLGHPLROyJLFR GRV FDVRV G
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3DXOR H

&RQWULEXLomR GRM DQWRQJH JpULR GD 6LOYD H 0HLUH /XFL GD 6LOYD SDUWFLSDUDP
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\$SURYDGR HP

3XEOLFDGR HP