LONG-TERM DAY-AND-NIGHT ROTATING SHIFT WORK POSES A BARRIER AGAINST THE NORMALISATION OF LIVER FUNCTION

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Objectives To evaluate the impact of day-and-night rotating shift work (RSW) on liver health, we analyzed the association between long term RSW exposure and the normalization of plasma alanine transaminase (ALT) levels over a five-year period.

Method The data from physical examinations, blood tests, abdominal sonographic examinations, personal histories, and occupational records were collected from a cohort of workers in a semiconductor manufacturing company. The sample population was divided into three subgroups for analysis: persistent daytime workers, workers exposed intermittently to RSW (i-RSW), and exposed to persistent RSW (p-RSW).

Results Records were analyzed for 1196 male workers with an initial mean age of 32.5 years (SD 6.0 years), of whom 821 were identified as rotating shift workers, including 374 i-RSW and 447 p-RSW workers. At the beginning of the follow-up, 275 were found to have elevated ALT (e-ALT): 25.1% day-time workers, 23.0% i-RSW workers and 21.3% p-RSW workers. Of those with e-ALT at the beginning, 101 workers showed normalized serum ALT levels at the end of five-year follow-up: 10.7% of day-time workers, 8.6% of i-RSW workers, and 6.5% of p-RSW workers; P = 0.016. By performing multivariate logistic regression analyses, and comparing with the persistent daytime co-workers, after controlling for confounding variables, analysis indicated that the workers exposed to p-RSW were 46% less likely (OR, 0.54; 95% CI, 0.30–0.95; P = 0.03) to attain normalization benefits from the Labour Insurance. A self-reported questionnaire including Brief Symptom Rating Scale (BSRS-50) and Post-traumatic Symptom Checklist (PTSC) was sent to workers at 3 months and 12 months.

Results Among 853 injured workers who completed the questionnaire at 3 and 12 months, regarding to the severity of BSRS score, 7.8% of those with TBI had recovered at 12 months, comparing with 8.1% in those with non-TBI. On the other hand, approximately 11.6% of those with TBI had recovered from post-traumatic stress symptoms at 12 months, comparing with 9.7% among those with non-TBI. Injured workers with TBI had lower rate of recovery from psychological symptoms, comparing with non-TBI.

Conclusions A significant proportion of victims with TBI and non-TBI suffered psychological symptoms after injury. The identification and treatment of psychological symptoms are important for optimal adaptation after traumatic injury.
Method Changes in ventilatory and haemodynamic parameters during occupational exposure to ultrafine particles summers studied using a survey-type retrospective cohort exposed unexposed conducted in a company producing agricultural equipment for a period of five month period from January 1 to May 30, 2013 in 139 subjects, including 107 exposed men and 3 unexposed.

The survey consisted of a questionnaire (WHO), a complete physical examination with measurement of blood pressure before and after the job, a spirometer before and after the job.

Results 18.7% were presented, a type of respiratory symptoms in chronic bronchitis against only 6.3% of non-exposed with a statistically significant difference (P = .04).

The prevalence of chronic bronchitis was significantly higher in smokers than in nonsmokers with 23.3% against 7.6% respectively. (P = .01).

The papers have a higher incidence of lung disease than unexposed with 83.2% of restrictive lung disease after exposure in exposed against 78.1% in the unexposed.

Smokers with normal spirometry is less than non-smokers before and after exposure with the following frequencies after exposure: 12.1% in non-smokers against only 4.1% in smokers.

On haemodynamic parameters was noticed an increase in TAP (47.87 mmHg), FC (76.16 mm Hg) after exposure in exposed.

Conclusions Our results have demonstrated the harmful effects of ultrafine particles on changes in ventilatory and haemodynamic parameters.