



TITLE: Mood disorders in Health workers of a Third Level Hospital of Complexity, Medellin, Colombia, 2011-2016

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ABSTRACT (upto 300 words)

Background: Mental disorders affect more than 300 million people in the world, mood disorders are part of, they have as main characteristic a mood alteration. It has been documented that factors typical of the scenarios where people spend much of their time, such as workplace, they can impact the mental health of human beings. Among working population, health workers are those that present more mental illness.

Objective: to characterize mood disorders in health care workers belonging to a third level health institution of the of Colombia.

Methods: descriptive study. Health care workers who performed their labor at the institution and who had a mood disorder, they were referred to a psychiatric consultation. Some of the participants made an evaluation of the relevance and effect of this initiative.

Results: 48 health care workers were part of the study, among which were professional nurses (8.3%), nursing assistants (81.3%) and stretchers (10.4%). Derived from the psychiatric consultation, 70.1% of the population was

diagnosed with a depressive disorder, severe depression without psychotic symptoms was the most frequent diagnosis.

Conclusions: work conditions can constitute risk factors for mental health in this population. Institutional initiatives like it allows us to characterize the problem and develop strategies focused on its resolution.

BIOGRAPHY (upto 200 words)

Verónica Cuartas has completed her Master Degree at the age of 31 years from CES University, COLOMBIA. She is the head of Nursing department of Hospital of Fusagasugá, COLOMBIA. He has 4 publications that have been cited over 50 times, and his publication h-index is 4. She has been a professor in recognized universities such as Univesidad de Antioquia, Universidad de Cundinamarca, Universidad CES.

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