

Electronic news bulletin of the Cochrane Occupational Health Field
20 March 2007

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1. Name change

The Cochrane Occupational Health Field has applied to the Cochrane Collaboration Monitoring and Registration Group to have the field name changed. The new name: "Cochrane Occupational Health and Safety Field" is intended to better reflect the work being conducted by this entity. We have at this very moment two reviews in progress and one in preparation about injury prevention so we feel that safety is very much our cup of tea.

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2. Changes to Field web pages

Our web pages at www.cohf.fi have been changed to better serve its users. We wanted to make the pages more user-oriented instead of content-oriented. Now you should be able to navigate the pages based on your particular OH&S information needs. Please let us know if we can make the pages even better.

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3. Updated search strategies

We noticed that our most sensitive search strategy wasn't operating as intended and had to be altered. PubMed was only able to use the first 600 variations of the search term *work*[tw]* and so the root word had to be lengthened to find all relevant terms. We analysed the number and frequency of all variations including some common ungrammatical compound words like "workplace". We compiled a list of all terms relevant to occupational health and safety and worked out the most efficient way to truncate them. This led us to the new and improved search string that expand *work*[tw]* into: *work[tw] OR works*[tw] OR work**[tw] OR worka*[tw] OR worke*[tw] OR workg*[tw] OR worki*[tw] OR workl*[tw] OR workp*[tw]*. We hope this makes it easier to find occupational health safety-related articles from PubMed. Please feel free to contact us if we can help you with your searching.

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4. Current status of reference databases

There are presently 847 references of occupational health and safety intervention studies (717 original research studies and 130 reviews) in our database. If you haven't already used the database, it is accessible free of charge through our website at www.cohf.fi after a short registration procedure. There is also a user manual provided at the website. Remember that we provide only reference data and not full text articles because of copyrights reasons. We do however categorise the studies according to study type and outcomes measured so that you can look, for example, for RCTs about back pain. There are currently 22 of those.

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5. New occupational Cochrane review: Preventing stress in healthcare workers

PLAIN LANGUAGE SUMMARY

Healthcare workers suffer from work-related or occupational stress often resulting from high expectations coupled with insufficient time, skills and/or social support at work. This can lead to severe distress, burnout or physical illness, and finally to a decrease in quality

of life and service provision. The costs of stress and burnout are high due to increased absenteeism and turnover.

We conducted a systematic search of the literature on preventing stress or burnout in healthcare workers. We then appraised the quality of the studies found and combined their results.

Person-directed interventions that include a cognitive-behavioural approach (e.g. coping skills training), combined with relaxation techniques or not, can be effective in reducing burnout, anxiety, stress and general symptoms in healthcare workers when compared to no intervention. Work-directed interventions that include communication or nursing delivery change can also be effective in reducing burnout, stress and general symptoms in healthcare workers when compared to no intervention. At best, the results of stress or burnout reducing interventions may still be apparent from six months to two years after the end of the interventions.

Most of the studies are small and of poor quality, and it is not clear how large a change in a stress or burnout score is meaningful.

Marine A, Ruotsalainen J, Serra C, Verbeek J. Preventing occupational stress in healthcare workers. *Cochrane Database of Systematic Reviews* 2006, Issue 4. Art. No.: CD002892. DOI: 10.1002/14651858.CD002892.pub2.

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6. Next issue of the COHF Newsletter

The next issue of the COHF Newsletter will be published in August 2007. Further issues will be published on a quarterly basis (autumn, winter, spring and summer).

Please submit your items to jani.ruotsalainen@ttl.fi and include "COHF Newsletter" on the subject line. Unless you request otherwise, your submissions to the COHF Newsletter may be duplicated in other regular Cochrane Collaboration news channels such as Cochrane News and the Cochrane Collaboration web site, at the discretion of the editors.

Kind regards,
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