

# Occupational Health

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## Information guide

The Occupational Health (OH) department provides a confidential service offering advice on the physical, mental and social well being of all staff within the Golden Jubilee National Hospital, the Beardmore Hotel and Conference Centre and the Beardmore Centre for Health Science.

This is an advisory service only and is not a substitute for your own GP.

We provide the following services:

- pre-employment screening, this can be face to face, paperscreen or a telephone consultation;
- immunisations;
- guidance and support;
- absence management;
- first aid;
- health promotion; and
- health surveillance.

### **Confidentiality**

This forms the cornerstone of the practice of OH and will be maintained at all times. All OH records are entirely separate from other Hospital records and can only be accessed by the OH staff.

### **Self referral**

We encourage you to self-refer to OH about any health issues you may wish to discuss, whether related to work or not. If you want to refer yourself to OH, please call us for a mutually convenient appointment time.

### **Management/Human Resources referral**

Managers and Human Resources staff can also refer you to OH for advice on:

- attendance at work;
- rehabilitation when you have been absent from work due to illness or injury; and
- for any matter that may be affecting your ability to work to your full potential.

## **Sharps/splash injury**

Anyone sustaining a sharps or splash injury should follow the guidelines in the management of occupational and non occupational exposure to bloodborne viruses folder. This can be found on QPulse (COR-OCCH-GU1-1) and also on the OH page of the staff intranet at [http://staffnet/gjnh/departments/corporate/occupational\\_health/docs/management\\_of\\_exposures\\_to\\_BBVs.pdf](http://staffnet/gjnh/departments/corporate/occupational_health/docs/management_of_exposures_to_BBVs.pdf). Hard copies are also available in all clinical areas.

## **Immunisations**

We will review the immunisation status of all new employees at pre-employment screening. If required, further testing may be carried out by our nurses. Staff who have direct patient contact, or who may come into contact with blood or body fluids, will be offered Hepatitis B vaccination in line with Department of Health guidelines. The flu vaccine is also available to all staff on an annual basis.

## **Back pain and musculoskeletal problems**

Staff can self-refer to physiotherapy for advice and support regarding any musculoskeletal issues. OH may also refer employees to physiotherapy.

## **Skin problems**

If you develop a skin problem, you should contact OH for advice. It is particularly important to let us know if you are experiencing any problems from using latex gloves or standard hand cleansers. Annual health surveillance is also carried out for at risk staff groups.

## **Other services**

We may also be able to offer you a number of other services, such as counselling, radiology, dietetics, cardiology. Please contact us to find out more.

## **How can I contact OH?**

Our OH service is available Monday to Friday from 8am to 6pm. The nurses can be contacted in confidence on 0141 951 5435 (extension 5435), 0141 951 5436 (extension 5436) or pager 0094.

# All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

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: 0141 951 5513

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