

which can damage hearing and they agree with a statement that listening to loud music can damage hearing, whereas students of first and second grades disagree. Older examinees believe that noise has the most negative influence during the period of leisure and relaxation. They also believe that anxiety, depression and high blood pressure can be the consequences of noise. Younger examinees disagree with these statements and they relate hearing damage by noise to older persons. Older examinees rarely use headphones to listen to music for more than one hour.

**Conclusion:** The research showed that risky behaviour of adolescents is, unfortunately, in accordance with the world trends. It can be and it has to be influenced by the integrated programmes within primary and secondary education. By regular education of both children and parents when it comes to noise level in their living, working or entertainment environment, and when it comes to the ways in which they can decrease the noise level, hearing damages can be prevented, or at least postponed.

**Key words:** adolescents, noise, hearing damage, risky behaviour

## **TJELESNA AKTIVNOST ZDRAVSTVENIH DJELATNIKA TOPLICA LIPIK**

**Oto Kram\*, Robert Rendulić, Senka Rendulić Slivar, Merisanda Časar Rovazdi**

Specijalna bolnica za medicinsku rehabilitaciju Lipik, Marije Terezije 13, 34551 Lipik, Hrvatska

### **Sažetak**

**Uvod:** Rezultati istraživanja Hrvatske zdravstvene ankete 2003. na 12000 osoba starijih od 18 godina su pokazali da je ukupno nedovoljno tjelesno aktivno 35,8% ispitanika (oko 44% muškaraca i 32% žena) u Hrvatskoj. U radu je procijenjena tjelesna aktivnost fizioterapeuta i specijalista fizikalne medicine i rehabilitacije u Toplicama Lipik i komparirana sa tjelesnom aktivnošću stanovnika Hrvatske.

**Cilj rada:** Cilj je bio ispitati sklonost redovitom vježbanju i tjelesnim aktivnostima, kao čimbenika zdravog stila života, zdravstvenih djelatnika Toplica Lipik koji vježbanje redovno sugeriraju pacijentima ili klijentima.

**Materijal i metode:** Istraživanje je uključilo 46 ispitanika, zdravstvenih djelatnika u Toplicama Lipik. Korišten je standardizirani upitnik o stupnju tjelesne aktivnosti.

**Rezultati s diskusijom:** Anketirano je 46 djelatnika, uz primjenu standardiziranog upitnika, 14 muškaraca i 32 žene, prosječne životne dobi 36,43 (u rasponu od 20-63) godine.

17 ispitanika je veoma aktivnih, 18 aktivnih, 6 umjereno aktivnih i 5 neaktivnih. Rezultati istraživanja ukazuju da je 76% ispitanika aktivno ili vrlo aktivno. Najveći postotak veoma aktivnih i aktivnih 90% (18) je među ispitanicima od 20-29 godine života, 62% (8) ih je u dobi od 30-39 godine, 80% (4) starosti od 40-49 godine, 71% (5) od 50-59 godine života, dok među starijima od 60 godina nema aktivnih i veoma aktivnih.

**Zaključak:** Ova skupina ispitanika je iznad prosječno aktivna u odnosu na ostalu populaciju u Hrvatskoj. Tjelesna aktivnost zdravstvenih djelatnika Toplica Lipik bila je ovisna o njihovoj životnoj dobi i sugerira zdrav stil života ispitanika.

**Ključne riječi:** tjelesno vježbanje, zdravstveni djelatnici, Toplice Lipik

## PHYSICAL FITNESS OF THE HEALTH WORKERS IN LIPIK SPA

Oto Kraml\*, Robert Rendulić, Senka Rendulić Slivar, Merisanda Časar Rovazdi

The Lipik Special Medical Rehabilitation Hospital, Marije Terezije 13, 34551 Lipik, Croatia

### Abstract

**Introduction:** The results previous investigation Croatian Health Questionnaire that included 12000 participants older than 18 years and was conducted 2003. suggested that 35,8% participants (about 44% men and 32% women) in Croatia was not enough physical active. This study focused on obtaining relevant information about the level of physical activity among physiotherapists and physicians – specialists of physical and rehabilitation medicine in Lipik Spa and compare with physical fitness in Croatia.

**Aim of the paper:** The main aim of this study was to estimate familiarization the health workers in Lipik Spa with regular gym and physical activity in their own lives because they usually suggest physical fitness to their patients or clients.

**Materials and methods:** This study included 46 participants, health workers in Lipik Spa. The standardised questionnaire was applied.

**Results and a discussion:** 46 respondents (14 men, 32 women), the average age 36,43 (in range from 20 to 63) years were included and assessed by the standardised questionnaire. 17 subjects was very active, 18 active, 6 moderate active and 5 inactive. The results suggest that 76% of the respondents are active or very active. The most very active and active 90% (18) were subjects from 20-29 years old; 62% (8) was in the group from 30 to 39; 80% (4) from 40-49; 71% (5) from 50-59 years. In the group elderly then 60 years there was no active or very active subjects.

**Conclusion:** This group of the participants is active above average when compared to the general population of Croatia. Physical fitness the health workers in Lipik Spa was mostly dependent of their life-age.

**Key words:** physical fitness, health workers, Lipik Spa

## SURADLJIVOST S HIGIJENOM RUKU U DOMU ZA STARIJE I NEMOĆNE OSOBE

Božica Lovrić<sup>1</sup>, Sabina Cviljević<sup>1</sup>, Tihomir Jovanović<sup>1</sup>, Maja Župan<sup>2</sup>, Toni Vlainić<sup>3</sup>

<sup>1</sup>Opća županijska bolnica Požega, Osječka 107, 34000 Požega, Hrvatska

<sup>2</sup>Dom za starije i nemoćne Požega, Dr. Filipa Potrebiće 2a, 34000 Požega, Hrvatska

<sup>3</sup>Ecolab doo, Zavrtnica 17, 10000 Zagreb, Hrvatska

### Sažetak

**Uvod.** Broj populacije iznad 65 godina je u porastu, te se povećava broj starijih osoba smještenih u domovima za starije i nemoćne osobe. Kod ove populacije povećan je rizik za nastanak infekcija povezanih sa zdravstvenom skrbi uslijed pridruženih kroničnih bolesti, što naglašavaju Bellmann-Weiler i Weiss.

**Cilj istraživanja** bio je utvrditi suradljivosti pri higijeni ruku u osoblja koje provodi zdravstvenu njegu u domu za starije i nemoćne osobe prije i nakon edukacije.

**Metode.** Opservirani su postupci higijene ruku prije i poslije edukacije o mjerama pravilne higijene ruku. Za utvrđivanje razlika među proporcijama između dvaju nezavisnih uzoraka rabio se Fisherov egzaktni test.