NEUROLOGICAL DISEASES ASSOCIATED WITH WORK ABSENCES IN BRAZILIAN PUBLIC UNIVERSITY.

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I. INTRODUCTION:

Neurological diseases are an important cause of morbidity and severe sequelae in Brazilian workers. Many of them need to stay away from their activities for long periods. The public servant still does not have a fully structured Occupational Health network. It is necessary to have knowledge about the disease profile of this population in order to choose the best approach to such diseases, whether they are general or specific and related to the professional's routine.

Key words Neurological / disorders / Workers.

II. OBJECTIVE:

To verify the frequency of neurological diseases associated with prolonged work leave in Brazilian public university employees between 2019 and 2023.

III. METHODOLOGY:

Method This is a cross-sectional study where a retrospective survey of work leaves lasting fifteen days or more associated with neurological diseases was carried out from 01/01/2019 to 12/31/2023. The following variables were analyzed: gender, profession and type of neurological disease in a population of 5564 people, with a predominance of women (53.8%).

IV. Results

Neurological diseases corresponded to 3.5% of the total of 5197 leaves in the five years of the study. The frequency in women was 3.5% (132/3844) and 3.7% (51/1353) in men. The year with the highest involvement was 2022, corresponding to 25.1% (46/183) of the total cases, and the lowest was 2020, with 13.6% (25/183). Cerebrovascular diseases in women corresponded to 26.5% (35/132) of the leaves and in men they corresponded to 47.05% (24/51). Weakness caused by debilitating cases of migraine occurred in 20.4% (27/132) of women and mononeuropathies that affected 13.7% (7/51) of men. Illness among health professionals was better observed in women, ranging from 42% in 2019 to 86% in 2020, with the position of nursing assistant being the most affected. In men, there was similarity between leaves in health professionals, teaching and administration.

LEAVES FROM WORK FOR NEUROLOGICAL CAUSES ACCORDING TO GENDER (n1= 132 and n2=51)
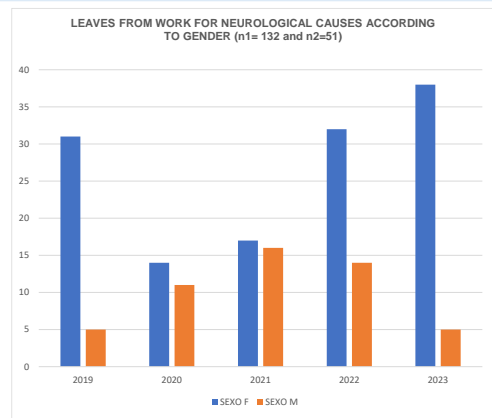
V. DISCUSSION:

Neurological diseases accounted for 3.5% of prolonged absences, highlighting their impact, even though they are not the most prevalent. The spike in 2022 may be related to the COVID-19 pandemic, with increased stress. Women were the most affected, especially health workers, with migraines being a significant cause. In men, cerebrovascular diseases predominated, associated with risk factors such as hypertension. The high number of sick leaves among health professionals, especially women, suggests mental and physical overload. Among men, health professions, teaching and administration had similar rates of sick leave. In this conclusion, preventive strategies, occupational health programs and public policies aimed at rehabilitation are essential to reduce the impact of these diseases on employees.

VII. CONCLUSION:

Conclusion There was a high frequency of sick leave due to cerebrovascular diseases in men and women. Such diseases have a great potential for morbidity and life-threatening. A high frequency of involvement of health professionals was noted, especially among women. Preventive measures and health promotion programs should be adopted for the protection and rehabilitation of the population of workers identified as more vulnerable to the neurological problems identified.

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