

# PREPARATION OF GENERAL PRACTITIONERS FOR WORKING AT EPIDEMIC OR OTHER DISASTER SITUATION

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## SUMMARY

Because of the huge interest by media and the population to the flu diseases and especially to the "chicken flu" during the winter of 2006 we made an inquiry of 50 general practitioners from Varna concerning their work at danger from epidemic or other disaster situation. We put as a goal to research the preparation of general practitioners when arising acute infectious diseases and epidemic. Method: inquiry by especially made questionnaire, including 22 questions. The data from our research show that only 1/5 of inquired doctors asses there was a flu epidemic among their patients. The daily number of patients with symptoms of acute virus infection in autumn winter period is average 2-5 (altogether daily 15-25). The injected anti flu vaccine predominate in comparison with other years by 64 % of inquired doctors. The majority of doctors (66 %) receive regularly information for working at danger of epidemics and 96 % - especially for the chicken flu. 2/3 of inquired general practitioners regularly take part in additional organized meetings (seminars, lectures and other) on actual subject, including questions concerning arising of epidemic or other kind of disaster situation (earthquakes, floods). Most of the half thinks that they have enough preparation for working at danger of epidemics (62 %) or other disaster situation (58 %). Conclusion: The results of the research show a good preparation of general practitioners from Varna - receiving regularly of information for danger of epidemic or other disaster situation regularly participation in organized meetings on actual subjects. The inquired have the self confidence that their preparation is enough for managing with arising of extreme situation.

**Keywords:** preparation of general practitioners, epidemic, disaster situation.

## INTRODUCTION

The reform of the healthy system in our country led to underlying the first rate importance of preventive medicine. (4). The main place for realizing of contemporary preventive medicine, in this the healthy promotion for reacting by healthy training on the population, is the common medical practice (1, 3). It disposes in the highest degree with possibilities and advantages for effective and dully leading of this activity when a danger arises from epidemic or other disaster situation (6).

Because of the great interest of media and the population to the flu diseases and especially "chicken flu" during the winter of 2006 we had an enquiry of general practitioners from Varna regarding their work at danger from epidemic or disaster situations.

We posed a goal to research the preparation of general practitioners for working when infectious diseases arise that can provoke epidemic and other disaster situations.

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## MATERIAL AND METHODS

The research was made from 15.04.2006 till 15.06.2006. 50 general practitioners /chosen by lottery method/ took place in it from different regions of municipality Varna.

For the purpose of the research a direct individual inquiry was led with the help of especially designed semi structured questionnaire that includes 22 questions, divided in two groups.

The first group of questions determined the characteristics of the participants in the research: a structure of the common medical practices, average number of people in patient lists, average number daily /annually/ with symptoms of AVI /acute virus infection/ and demography characteristic of inquired - sex, age, education /specialty/.

The second group questions are pointed to assessment of accepted additional information for working at danger from epidemics during the autumn winter period of 2005/2006, self assessment for sufficient preparation for working at danger and from other disaster situations /earthquakes, floods/. Open questions were included, assessing the knowledge of general practitioners regarding to the necessary medicals for prevention and curing of flu, is the medical Tamiflu was recommended.

**RESULTS AND DISCUSSION**

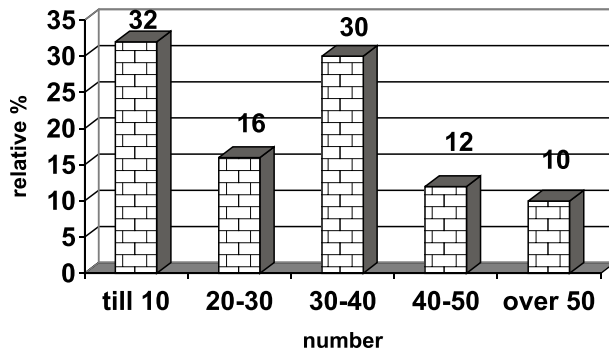
The dividing of participants in the research according to the characteristics of common medical practices corresponds of the structure of dividing of the general aggregate of common medical practices in the country (2). The predominated part are individuals 62% and less part 38% are groups. More of the half doctors 56% work with a team of one person /most often a nurse/.

The average number of people in patient lists is 1502 ( $\pm 475$ ). Average number of patients daily is 20 ( $\pm 2$ ). Average number of patients with AVI per year is 300 ( $\pm 70$ ).

Regarding to the demography characteristic of inquired the special features from other researches are confirmed - 68% are women (93). The average age is 45 years ( $\pm 5,5$ ). With acquired specialty are 84%. Only 1/5 from the inquired GP asses there was a flu epidemic among their patients during the winter period of 2005/2006.

The injected anti flu vaccines predominate in comparison with other years according to 64% of inquired doctors.

The data from the research for the structure and the characteristic of patient lists confirm the necessity of healthy training of the population, especially with acute virus diseases and in sudden accidents /epidemics, floods and other/.



What is the relative part of injected anti flu vaccines? Fig.1

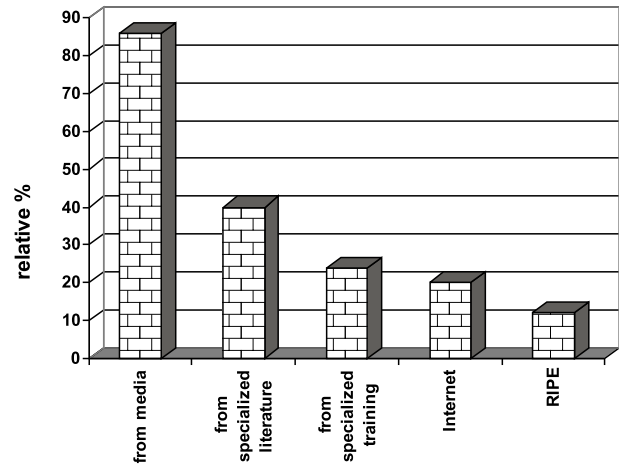
The most used form of healthy education in practices of first medical help is the individual training - 80%. Most of the half participants rely on information from publications in press and specialized literature - 72%, from TV and other media - 56%, from contemporary informational and communicational technologies ( internet )- 20%.

The majority of doctors (68%) receive regularly information for working at danger from epidemics and 96% - especially for chicken flu.

By data of WHO in some time the chicken flu could take a character of pan epidemic because of that preventive, dully good information must be led of medical staff and the population on the questions of prevention and the necessary measures for protection and curing (7).

Since 1997 from chicken flu about 500 people have been infected so far that is too little with comparison with the Spanish flu from 1918, of it 20 millions of people died (5). But the chicken flu brings fear and tension because the dis-

ease takes very heavy and has much more serious damages than the simple flu and the mortality is up to 50%. If the virus of chicken flu gets into the human body who is sick of simple flu, a new virus is expected that will have the strongest and most dangerous features of "its parents", as the mortality could go to 70-80% and contagious to increase to 90%.



The answers of the question "Where is your information from for working at danger from chicken flu?" are shown on Fig.2

86% - from media

40% - from the specialized literature

24% - from specialized training

20% - from contemporary informational and communicational technologies (internet)

12% - Region inspection for protection of environment /RIPE/

The research determined that the biggest part of the inquired participate in additionally organized meetings (seminars, lectures and others concerning some disaster situation actual for the moment and danger of epidemic, floods and other) - 42% regularly, 36% - sometimes and 22% by exception.

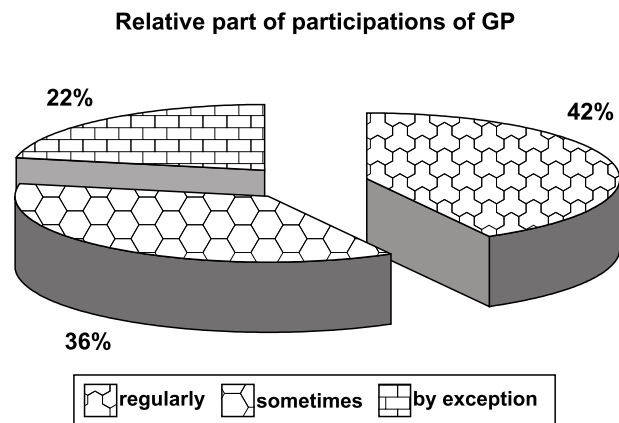


Fig.3 Participation of general practitioners in organized meetings, concerning a disaster situation

More than a half believes that they have enough preparation for working when arises or there is a danger of epidemic - 62%, a negative answer give 24% and other opinion - 14%.

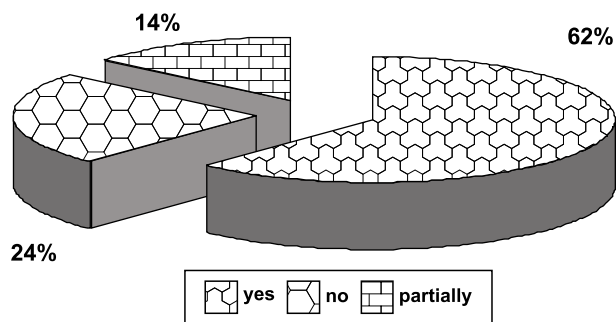


Fig. 4 Self assessments for preparation at epidemic

There is an impression that the same is the self assessment of inquired for working when arises or there is a danger of disaster situation /earthquake, flood and other/: prepared enough - 58%, not prepared - 26%, not sure - 16%.

The research determined that the most prescribed preventive medical for prevention and curing is Rumantadin - 48%. Only 10% of doctors prescribed Tamiflu.

Tamiflu was invented in 1994 in California in the labs of pharmaceutical company Gilead, it becomes for shortly in the most searched anti flu medicament in the world. There official data that in Japan 32 psychiatric cases and 12 mortal cases with children are registered among patients used Tamiflu. Because of the widespread use of the medicament the cases in Japan are still considered for physiologic reactions and the harmful influence was not proved by other specialists ().

There is a vaccine or other effective medicament against the chicken flu. Tamiflu is not a substitute of the anti flu vaccine and is allowed for use in Bulgaria.

## CONCLUSIONS

1. We asses the preparation of the general practitioners for working at epidemic or other disaster situations as good. The majority of doctors 66% receive regularly information for working at epidemic and 96% especially for the chicken flu.
2. 62% of inquired regularly take part in additionally organized meetings or seminars and lectures concerning a disaster situation that is actual for the moment - danger of epidemic, flood and other.
3. The inquired general practitioners have self confidence that their preparation is enough for managing with arising of an extreme situation.
4. The leading prevention and curing of acute virus infections we determine as right and effective enough, took into consideration with the new scientific recommendations.

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