



ACCESSING ALCOHOL DRINKING INFLUENCE IN WORKPLACE

WHAT IS THE PANORAMA AND CURRENT INNOVATIONS IN PORTUGAL?

Duarte Vital Brito (duartebrito6@gmail.com) | Public Health Unit, Central Lisbon Community Health Cluster

BACKGROUND

Globally, alcohol drinking is the seventh leading risk factor for premature death and disability, and the second leading cause of preventable morbidity and mortality. Besides many health consequences, alcohol consumption is also associated with absenteeism, decreased performance, inability to make decisions, poor relationships with colleagues and work-related accidents, with **broader impact in community and family**.

According to the International Labour Organization, **approximately a quarter of work-related accidents in Portugal are linked to alcohol consumption**, but there is a lack of research in this area in recent years, mainly focused in construction and transportation fields.

The aim of this study is to summarize the most relevant literature about alcohol drinking and its influence in workplace, focusing Portuguese experiences and innovations in this area.

METHODS

Three rapid reviews were undertaken for international and portuguese literature, through the following methods:

- English written reviews, systematic reviews and meta-analysis published until 2018 in **PubMed**
 - 220 selected articles → 64 articles reviewed
- Portuguese written scientific articles, master and PhD thesis indexed in **RCAAP** and **IndexRMP**
 - 45 articles reviewed
- Relevant national institutional reports and governmental documents in **Google** search engine
 - 21 national and local legislation references + 32 references, from 6 institutions

RESULTS

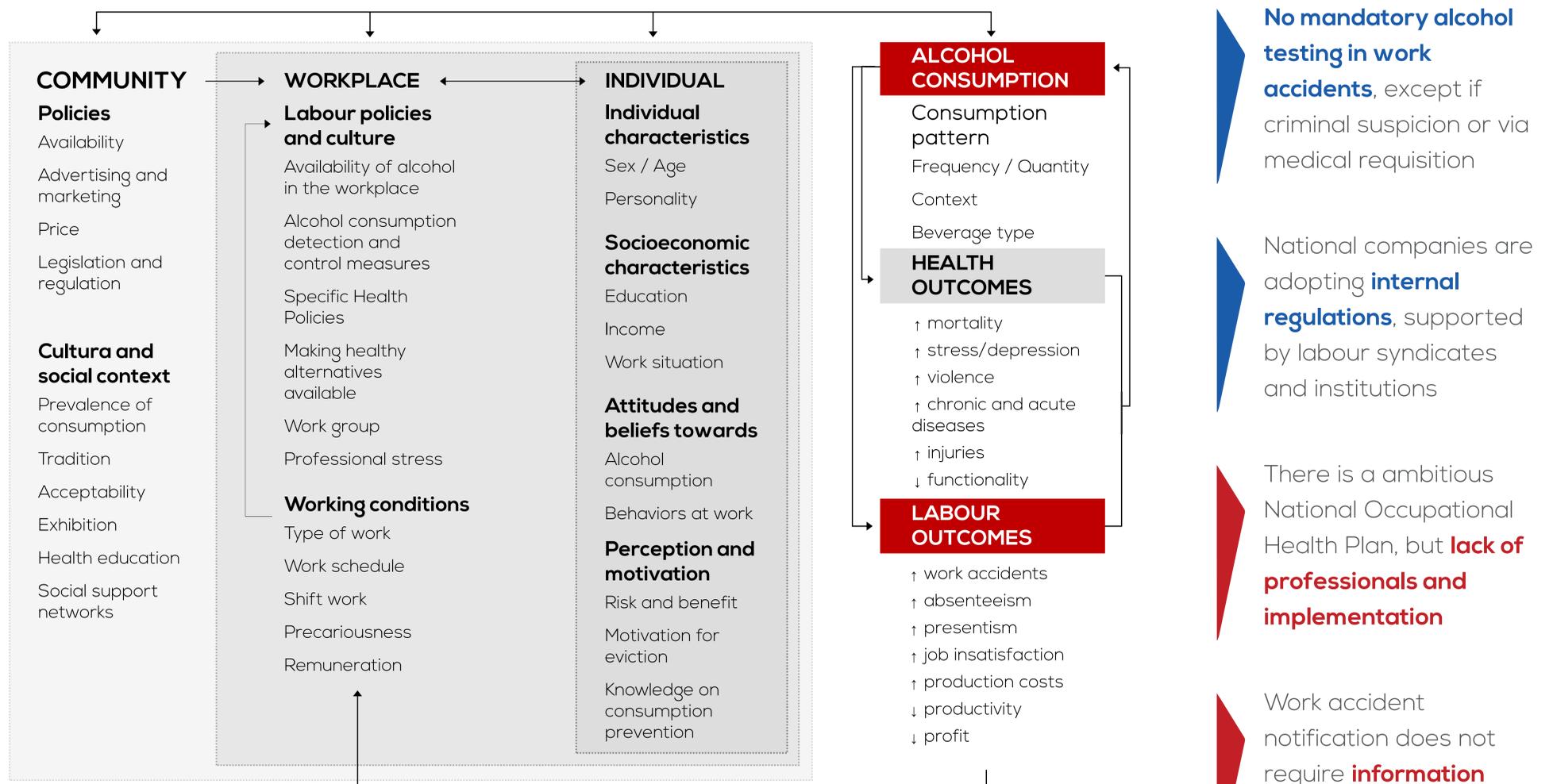


Figure 1. Proposed conceptual framework for alcohol consumption in workplace - adapted from Cook (1996), Pidd (2003), Burton (2010) and Freisthler (2014)

CONCLUSIONS

Workplace environment and culture have influence in alcohol drinking, which is related to work accidents. These events have **health and socioeconomic consequences** for individuals but also for their families and colleagues.

It is essential to **implement preventive measures** that promote healthy workplaces and provide **reliable and specific data for occupational health research**.

REFERENCES



Please ask me for detailed info on reviewed articles.

Research developed during an internship at SICAD.