

**HEALTH AND SAFETY ISSUES FOR
JUDICIAL OFFICERS @ NJI 28TH
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BY

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REASONS FOR CHOICE OF TOPIC

- Good health, safety issues and high productivity can co-exist.
- The NJI has proactively acted to link these issues to judicial productivity.
- Challenges and Calamities that affected earlier generations must be averted and defeated

STRESS CHALLENGES JUDICIAL OFFICERS.

- Long hours, sitting, reading, poor posture
- Tendency to work with targets and time lines
- Insufficient Relaxation, Recreation, exercise
- Avert perception of taint or bias in duty.
- Security issues. Frequent travel lings
- 2 or more homes! Endless Financial request
- Female judges more prominent than spouse

WORK RELATED STRESS CHALLENGES

- Disrespectful and poorly prepared counsels .
- Challenges of sitting and talking for long
- Unsolicited advice with high profile cases

- Judgement: Capital punishment, child custody
- Debilitated :Darkest side of human nature.

- BP rise +complications as they ascend bench.
- Conflict :Professional and personal values.
- Productivity assessment! NJC ! EFCC! DSS!!

COMMON HEALTH CHALLENGES

- Infections: Malaria, Influenza, Typhoid
- Lifestyle Diseases i.e. Hypertension, Diabetes,
- Complications: Heart/kidney/Brain diseases, SDS.
- Aches /Pains: Poor posture, cold, weight, age
- Emotional issues i.e. anxiety, insecurity, loneness
- Cancers: Breast , Prostate, Cervix, Colon.
- Adverse drug reactions due to polypharmacy

OBESITY: Gateway to Diseases.



SAFETY ISSUES FOR JUDICIAL OFFICERS

- Security: Terrorist and aggrieved disputants
- Injury: Wet/slippery floors, Tripping. Shoes
- Protection against fire, electrocution and RTA
- Aches: Poor plan of desk, chairs, computers
- Contagious diseases Influenza, Tuberculosis
- Air conditioner vent directly facing / overhead

Cardiovascular Health Screening

Unmodifiable factors

- Age >40 years
- Gender M=Post menopause
- Race : Negroid
- History of Calamities

Modifiable Factors

- Hypertension
- Diabetes
- High blood cholesterol
- Obesity
- Insufficient Exercise
- Alcohol
- Tobacco
- Stress

Staging of cardiovascular Diseases

- Stage 1: Absolute Normalcy of BP, FBG, BMI ,
- Stage 2: BP > 120/80, BMI >26kg/m², FBG
- Stage 3: BP>140/90, ED, Slump,
- Stage 4: Stroke, kidney failure, sudden death
- Progression: Stress, Infection, Exertion, anger

Case study 1

- The judge had back/neck pain over 3 months.
- Stopped self medication : BP rise. No pain relieve
- Failed posture test: To sit, write, drive, bend
- X-ray Neck and back: Accelerated aging of bones
- Posture education, physiotherapy, neck collar.
- Prescribed chair hastened recovery.



Case study 2

- The elderly Judge seen 2 months after resumption of legal holiday.
- BP 180/110mmHg, FBG 14.5mmol/l. Had developed a boil on the thigh.
- Had a fairly clean bill of health from his physicians abroad.
- Highest quality of medication being used!
- How come better health profile abroad?



Management of Blood pressure

- BP >120/80-139/89mmHg, start investigation
- Conservative treatment: ideal weight, diet

BP>140/90 on 3 events , alarm symptoms etc.

- BP treatment early: Avoid costly complications
- BP control priority over glucose control.
- Treatment target: 110/60-119/79mmHg.



Dietary management

- Eat to live to be healthy, fit and productive!
- Freshly cooked vegetables 4-5 times a week
- Salads: Well washed 5 times a week
- Fruits: Daily especially in the mornings
- Preferably fish > chicken > white meat
- Avoid fried foods, Excessive sweet things, salt
- Water liberally, Fast periodically, No alcohol
- Need for guided use of supplements.



Stress Management

- Strong infrastructures to cope with stress .
- Work, friends, health, spiritual and family.
- Vegetables, fruits, salads, fasting, supplements

- Exercise to avert pains and cardiovascular fit.
- Mastery to contain anxiety , anger, depression,
- Sleep of high quality for 6-8 hours daily.

- Recreation, holiday, romance: avoid burn out!
- Spiritual activities: Prayers, fasting, alms giving

Personalized Care?

- Know yourself. Be true to self. Respect self!
- Frequent hospitalization/ High medical bills?
- BP consistently $>140/90$ and FBG $> 10\text{mmol/l}$
- Ravaged by aches/pains: back, neck, shoulder
- Presence of multiple diseases: Hypertension, Heart disease, Diabetes, Kidney disease, etc
- Productivity issues : Lagging behind in work schedule
- Challenges of conjugal duties. Poor sleep



THANKS FOR LISTENING

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