



KNOWLEDGE AND PRACTICE ON PREVENTION OF RESPIRATORY DISEASES AMONG ROAD TRAFFIC POLICE OFFICER IN GAMPAHA AND COLOMBO DISTRICTS, SRI LANKA

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ABSTRACT

Air pollution is very high in Kandy, Colombo and Gampaha districts in Sri Lanka. The traffic police in Gampaha and Colombo district are continuously exposed to air pollution and are at an increased health risk. Report of the WHO Global Urban Ambient Air Pollution Database, heart disease, acute respiratory diseases and chronic respiratory diseases are growth for the people who live in the urban area in the world. The objective of this study was to assess the level of awareness and practice on respiratory diseases among road traffic police officers in Gampaha and Colombo districts Sri Lanka. The descriptive cross sectional study was conducted among 131 road traffic police officers who working in Gampaha and Colombo Districts through the self-administered questionnaire. Among 131 participants, 40% had work experienced more than 5 years. 25% respondents stated that they are suffering from asthma and 67% had common cold. 25% of the participants complained about chronic respiratory diseases. 76% of the participants were working on the road more than six hours. Most of them (62%) admitted that they don't wear face mask during duty times and out of that 43% mentioned that face masks are unavailable. 35% mentioned that wearing face mask is unnecessary and uncomfortable. 37% of them had frequently coughed specially at night with other respiratory disease symptoms. The majority of the participants (56%) noted the best face mask is the dust mask to prevent from the respiratory disease. 56% Respondents noted that the main aggravating factor of the respiratory diseases is dust. Majority of the police officers had fair knowledge on respiratory diseases but they had a poor practice to prevent from respiratory diseases.

Keywords: Road Traffic Police officers, Air Pollution, Heart diseases, acute respiratory diseases, chronic respiratory diseases