

# Needs Assessment Of Kerman's Emergency Medical Staff In The Context Of Communal Sports And Introduce Appropriate Solutions

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**ABSTRACT:** The Main Objective of This Study Was to Identify and Prioritize the Communal Sports Needs of Emergency Medical staff of Kerman Province. The Research Method Was Descriptive And The Statistical Community Was Considered The Staff of Medical Emergency of Kerman Province With The Number More Than 300 Persons. From This Number; According To kokaran 120 Persons Were Randomly Selected as the Samples. Gauges at this Survey were a Researcher Designed Questionnaire with 34 Questions Which Included 5-Degree Likert Style Scale (Yes - No) Questions and Open Answer Questions. The Total Validity Of This Questionnaire Was Indicated 0.89, Using The Sigma Numerical Method and With the Comments Of respective Experts In The Field And The Reliability Was Also Indicated 0.83 By Using The Open Test Method. For Analysis of Statistical Data, According To Measurement Scales, Main Objective and Research Questions, A Descriptive Method, Such As Frequency, Percentage Frequency and Bar Charts Were Used. The Results Indicated That The Sport Facilities In Emergency Medical Centers Of Kerman Province Was Very limited And Allocation Of Sport Facilities For Various Sport Fields And Venues Are The Most Essential Sports Needs Of These Employees.

**Key Words:** Assessment, Public (Communal) Sport, Emergency medical Staff (Technicians)

## INTRODUCTION

Need measuring has interested as a main pivot in planning and predicting goals areas and need measuring to provide social, cultural and sanitary service has a special position (Atqia, 2008). Individuals exercise need measuring in societies is to reach society individuals physical and mental enabling. In a national study in USA (1992) concern on workers need measuring up to 81% workers revealed that need physical health programs to improve their motor activities and increase their work output and ability (Department of Health and Human Services, (2009).

In line «individuals health protection» have established variety organizations that any of them has a part of responsibility and have formed events management and medical urgency center regarding to a role that sometimes plays to save humans in seconds and minutes that this system duty is to provide medical service on patient bed in urgency cases and transfer to medical centers if needed. Medical urgency system in all countries serves as the most important pillar to provide medical service, this system the most important goal is to provide satisfactory service in the shortest time and is coincident on update scientific standards. Human forces in medical urgency have main role in caring and medical evolution and advance and serve as an important pillar in this organization. It seems that reaching organizations goals mainly depends on using human force capacity correctly. This is more important in service organizations such as hospitals and pre hospital urgencies and such organizations efficiency and effectiveness depend on how provide service by workers. In one hand, due to urgency missions increasing and different urgency events high frequency has increased physical and mental stress for urgency personnel (Amini et al 2011). Job stress besides work physical and body pressures creates multiple fatigue for medical urgency workers that if in early steps does not deliver at least its individual damage for employment people is lack of job interesting and at least its organizational damage is organization inefficiency that such damage for hospital is catastrophic so to solve this

problem this center workers should take necessary train in all medical urgency cases, against events and crisis have good physical and mental preparation.

At all, public exercise concept not only includes exercise dimensions but also includes different physical activities from in regular games to regular physical exercises(Rozbayani,2000,Shafei,1994). Exercise activities have considerable mental effects that could refer anxiety decreasing, depression decreasing, protection and opposition to mental pressure, confidence increasing , moral improving and health developing(Mohammad zadeh,2006). Many works such as medical urgency technicians regarding to their specifics in all above areas need workers have high preparation physically and mentally(Atqia,2007). Work in medical urgency needs special physical and mental preparation. Exercise as a logical solution in medical urgency personnel life program could enable these individuals in many dimensions(Kirkcaldy,2002). In addition to physical preparation dimension due to exercise as case, better moral after physical activity is result of elevator materials that body produces due to exercise. Also has verified in a study that sleep quality in active individuals is better than inactive individuals and therefore after suitable sleep creates less fatigue in next day(Connor,1995). In another study has said that creational physical activity and arerobic preparation are affective as minimum anxiety and stress delivering factors(Mcauley,2002).

Medical urgency workers need measuring in public exercise could make a bed to rise individuals health and esprit and moral level , develop their realization about their role in their job and organization and individuals have more satisfaction about their job and life and are active with higher health and interesting. Also could plan a space by exercise need measuring information till workers regarding to current special specifics and conditions in their organization appear more efficient , quick and healthier physically and mentally in line daily activities and work challenges. Neverthese limited researches have conducted in relation to knowing public exercise and need measuring about medical urgency workers exercise there are many questions about medical urgency workers exercise and motor needs. Researcher decided to study these questions and know executive response and solution for Kerman medical urgency workers need measuring in public exercise and providing suitable solutions and respond this question that what are medical urgency workers exercise needs and how is this county medical urgency workers needs priority?

### **Research findings**

Among 120 testees in this research there were 42.5 percent female ( 51 ones ) and 57.5 percent male ( 69 ones ) and their mean age was 27.5 years and their service location has ranged 51.7 percent from urgency central staff to road urgency. Most testees worked contractual ( 55% ), 58% were married and their education has ranged from diploma ( 34% ) to B.A. and M.A. in 18% .

Regarding to research question , how is Kerman medical urgency workers public exercise needs and making priority ?, research finding indicated that Kerman medical urgency workers public exercise needs according to priority is provided in table 1.

Kerman1. medical urgency workers public exercise needs frequency distribution on the basis of priority		
percent	frequency	Public exercise needs
67%	80	Making suitable exercise equipment for workers in workplace
63%	76	Making group walking equipment for workers in a week
60%	72	Providing suitable costs to do public exercise
59%	71	Doing soft run in group
52%	63	Making group mountain climbing for workers
45%	54	Holding creational and exercise camps
32%	39	Creating suitable pool to swim and hydrotherapy
32%	38	Creating suitable environments and exercise halls for workers according their gender
29%	35	Providing exercise information and creating motivation to do public exercise among urgency workers
29%	35	Making morning exercise equipment in a suitable environment
29%	35	Providing exercise information and creating motivation to do public exercise among urgency workers
29%	35	Making morning exercise equipment in a suitable environment
22%	27	Signing contract between hospital and exercise clubs near to workplace to use club equipment by workers
17%	20	Using experienced trainers to train public exercises for workers
17%	20	Holding public exercise rices and family creational game
16%	19	Public bodybuiding
12%	14	Training different exercises in workplace
11%	13	Holding special muscale pains exercises
8%	10	Making suitable riding piste
7%	8	Making workers traffic vehicle to clubs

Research findings showed that how much mental pressures there are on Kerman medical urgency workers? Regarding to data analysis results among 120 testees29.1 % (35 ones ) have very had

very low mental pressure , 25 % ( 30 ones) low ,34.2 % ( 41 ones ) almost , 9.2 % ( 11 ones ) much and 2.5 % ( 3 ones ) very much.

Also research results responding physical activity question that how much is it during daily work among Kerman medical urgency indicated that among 120 testees 0.8 % (one) have had very low physical activity during work,6.7 % (8 ones) low,30% (36 ones) almost,44.2% (53 ones) much and 18.3% (22 ones) very much.

Also regarding to data analysis results responding how much physical pains among Kerman medical urgency workers among 120 testees 5% (6 ones) have had extra fat,3.3% (4 ones) high pressure,4.2% (5 ones) extra thin,8.3%(10 ones) backache,0.8% (one) osteosis,1.7% (2 ones) nechache,1.7% (2 ones) high blood fat,1.7% (2 ones) respiratory difficulties, 0.8% (one) muscle pains,4.2% (5 ones) spine pains and 4.2% (5 ones) physical difficulties except mentioned cases and 64.2% (77 ones) have had not physical difficulty.

At last studied Kerman medical urgency workers need rate to public exercise that its results have shown in table 2.

## RESEARCH METHOD

This research method has been descriptive. Present study statistical community is all Kerman medical urgency personnels up to 300 ones. In this research to know and make priority Kerman medical urgency workers public exercise needs selected 120 ones in simple random sampling according to Koocran formula as statistical case. This research tool is a questionnaire including 34 questions consisting of 3 types questions that some of them are in 5 grades Likert scale ( Very much, much, medium,low, very low ) and some of them are as yes and no and two ones are open and descriptive response. This questionnaire justifiability in numerical sigma method in 5 experts view in university has obtained 0.89 and its stability in 10 days is 0.83. Finally , to collect information researcher distributed mentioned questionnaire among research cases. To analyse data ,used SPSS 18 software and regarding to measuring scales , research goals and questions used descriptive statistic methods such as frequency ,frequency percent and column graphs.

Table 2. Kerman medical urgency workers need to public exercise

percent	frequency	Kerman medical urgency workers need to public exercise
63.3	76	Access to facilitated and cheap exercise space
46.7	56	Annual membership in exercise collections in special off
26.7	29	Holding public mountain climbing races for medical urgency workers in different conditions
25.8	21	Holding creational games races for medical urgency workers in different conditions
24.2	22	Public exercise culture development
20	24	Holding public riding races for medical urgency workers in different conditions
18.3	32	Holding public run races for medical urgency workers in different conditions
17.5	31	Using experienced and able trainers

## DISCUSSION AND CONCLUSION

Present study conducted to know and make priority Kerman medical urgency workers public exercise needs. Data analysis due to Kerman medical urgency workers public exercise needs priority indicated that they prefer preparing exercise field and equipment in workplace and doing public exercises such as walking, morning exercise such as soft running, mountain climbing and etc. and regarding to last priorities could say that workers have placed expensive exercise equipment on their last need priorities. So could say workers try to do public exercises in at least cost and also doing professional exercises is on last priorities. And this is due to hopeless about giving equipment workers in public exercises. High mass missions, their successiveness,24 hour shifts in this job cause personnel physical difficulties. Urgency managers could decrease physical difficulties very mush such as muscle – skeletal diseases by preparing at least exercise equipment in stations.

This research findings are in line Atqia (2007) and Atqia (2008),Atiqechi(1995) and Sanei(1994) and Larsen(2002) researches results : because mentioned researchers have mentioned the most important society individuals need is public exercise and these results are not in line Khalilabadi (1994) and Bahramfar (1994) and Lars Mankus (1980) findings. This is due to these researches statistical community difference with present research and speciality medical urgency and due to culture and statistical community different attitude type.

Research results showed that almost 12% Kerman medical urgency workers have had much and very much mental pressures that this is problematic regarding to such individuals important duty. Having management and leadership skill in urgency positions is urgency personnel special roles and lack of planning in unpredictable positions, interaction to patient, stress fulatmosphere, lack of control on number and type of care and limited time framework to assess medical interventions effect are

stressful issues for pre hospital urgency personnel. Mental preparation to participate in Iran medical urgency is not regarded so causes different individuals despondence due to special difficulties and unfamiliarity to job condition. Urgency managers could decrease its mental difficulties and high mass mission by providing public exercise programs and psychological consultants after stressful missions.

Regarding to data analysis results 38% have had physical activity lower than average that this causes difficulties for this class. These results are according to studies results of Japan Sasakava institution(2001), Kargardfard and Sadeghi (2003) and Attar zadeh et al. (2007). But these results are not in line Shiri (1997) findings. This un consistency is due to Shiri research statistical community that conducted exercise and participated in public exercises and exercise was a part of their life programs. One third Kerman medical urgency workers have low physical activity that should try to increase their physical activity specially doing exercise.

Also research results showed that 36% Kerman medical urgency workers have had physical difficulties that causes function weakness because physical difficulties decrease individual efficiency considerably and disable individual. This part of research results is in line Australia research report findings and is not in line Atqia research results and is due to these two statistical community difference because Atqia research (2007) has conducted among students. So should try to decrease workers physical difficulties by exercise encourage specially public exercise. Also urgency managers could decrease many muscle – skeletal diseases such as back disk by including training program in correct body mechanic to use facility and correct patient carrying.

On the basis of obtained results about Kerman medical urgency workers need position, access to facilitated and cheap exercise space, annual membership in exercise collections in special off, holding public mountain climbing races for workers and creational games races were in priority. On this base could say that most workers have mentioned suitable and cheap space as their basic needs in public exercises. So conclude that one of not doing public exercise and low physical activities cause among Kerman medical urgency workers is lack of suitable and cheap exercise space and not encouraging scores ( such as special off). These results are in line Atqia findings (2007). So Kerman medical urgency workers basic needs in public exercises are halls facility and exercise collections and material motivations.

Regarding to research results, urgency managers could decrease workers physical and mental problems by preparing group walking equipment for workers in each week, giving suitable costs to do public exercise ,holding walking races for workers in each week, holding common morning exercises in 15 min a day in city and road urgency, holding group mountain climbing for workers in weekend. Also to create more motivation to do public exercises by workers used more material and spiritual motivations and suitable exercise equipment to do light exercises in workplace for workers. And regarding to testees introduced needs recommend to give more budget to prepare suitable equipment and places to do public exercises, sign contracts with different clubs to use workers in suitable time in lower price and experienced and successful trainers in public exercise for workers suitable train.

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