GUIDELINES UNIT FROM THE NATIONAL ASSOCIATION OF OCCUPATIONAL HEALTH (ASSOCIAÇÃO NACIONAL DE MEDICINA DO TRABALHO-ANAMT) OF BRAZIL

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The 2016-2019 Directive Board of the National Association of Occupational Health (Associação Nacional de Medicina do Trabalho – ANAMT) of Brazil created the Nucleus Guidelines (ND) on July 12, 2016, which was initially composed by Dr. José Domingos Neto, Dr. Eduardo Myung, Dr. Guilherme Augusto Murta, Dr. Anielle Vieira, Dr. Paulo Rogério Gomes de Lima, and Dr. Leandro Lessa.

Before the creation of the Guidelines Units, the Technical Guidelines (TG) of ANAMT were discussed and elaborated by the Technical Management of the 2013-2016 Directive Board. The two first TG were screening for epilepsy by means of electroencephalogram within the occupational setting1, completed in 2015, and the effect of the screening alcohol and drug use among workers2, published in 2016.

In 2017, the Guidelines Unit together with occupational physicians and volunteering specialists formulated technical guideline for diagnosis of work-related asthma by means of serial peak flow measurement3. In 2018 technical guideline were published for screening for heart disease by means of electrocardiogram in the occupational setting4.

The article search and selection methods used in these technical guidelines are similar to the ones applied in systematic reviews to answer one single research question. The transparency of the article search and selection strategy enables its reproducibility. The answers embodied in the guidelines are exclusively grounded on scientific evidence, without any room for the personal opinions of the guidelines’ authors. In turn, the Guidelines Units is charged of the evaluation of the evidence discussed in the guidelines.

The recommendations made in the guidelines are not dogmatic: occupational physicians are granted autonomy in decision-making independently from the recommendations included in the guidelines. The objectives of the guidelines are to empower occupational physicians in their daily practice by providing scientific evidence to ground decision-making, and promote technical and scientific debates on subjects of interest and new research on these topics.

Technical and scientific reflections are competencies needed by physicians from all specialties. The reason is that scientific evidence measures relevant concepts, such as the harm, efficacy and cost-effectiveness of various health technologies and solutions, be they medications, occupational prevention programs, diagnostic tests or surgical procedures. Occupational physicians might benefit from scientific evidence as technical support for decision-making even when addressing subjects which are not a part of their professional training and experience.

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