



New health and hygiene prevention needs in the thermalism facilities

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Abstract

"PREVENTING IS BETTER THAN CURING": we hear this phrase repeated over and over again, and now, more than in the past, it has become a must following the pandemic that still affects many places on the planet. We living beings have an absolute need for air and water; but like us, even invisible enemies (bacteria and viruses) have specialized as hydrophilic or aerophilic, and some of these are pathogenic for our health. We must therefore protect air and water from these invisible beings in order to save ourselves. The concept is simple, but when it comes to applying it, it becomes a problem. Why? There are many factors that affect prevention choices. A first list includes: knowledge; clinical evidence; the reference environment; the climate; the reference structure; the types of technological systems present; the maintenance; the procedures; the application methods; controls and intervention measures; the reduction of the expected risk; costs.

Based on experience, costs come first everywhere. In fact, it is customary to accept a certain level of risk in order to limit the costs of intervention: usually prevention has costs that are not exactly contained and requires energy - even in the long term - that are not concretely seen. Better to spend on activities and achievements that are immediately perceptible.

However, now the sensitivity of the healthcare world and of society in general is changing and it is therefore possible to propose interventions and actions that until recently were considered largely superfluous. Faced with the increase in risks associated with increasingly invisible and unpredictable enemies, the prevention measures must be more effective. That is, they must take a leading role in the entire approach to Public Health (both state and private in all its forms).

In this context, it is not a question of avoiding contracting community or hospital infections, but identifying the intervention criteria that make it possible to prevent any type of attack from pathogens, bacteria or viruses.

The problem is certainly very complex, but for almost a hundred years science has been dealing with prevention criteria to be followed in all possible forms, in particular with reference to advances in microbiology, technology and pharmaceutical chemistry.

To adopt these criteria, the guidelines of the WHO must be followed and, on the basis of local knowledge, appropriate protocols must be adopted to become common practice, applied and managed with great severity.

Prevention does not mean entrusting a chemical product with the solution of the case (always temporary), but having a cultural, technical and scientific approach very different from the traditional one.

The procedures and intervention techniques are then defined that allow to guarantee an excellent effective prevention, well aware that the reduction to zero of the epidemiological risk is perhaps impossible, while a good quality of the prevention techniques that allow to increase the defenses in according to the different needs over time.

What are the points on which to intervene?