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Medicina y Seguridad del Trabajo

ESCUELA NACIONAL DE MEDICINA DEL TRABAJO

EDICIÓN: ...

ORIGEN: ...

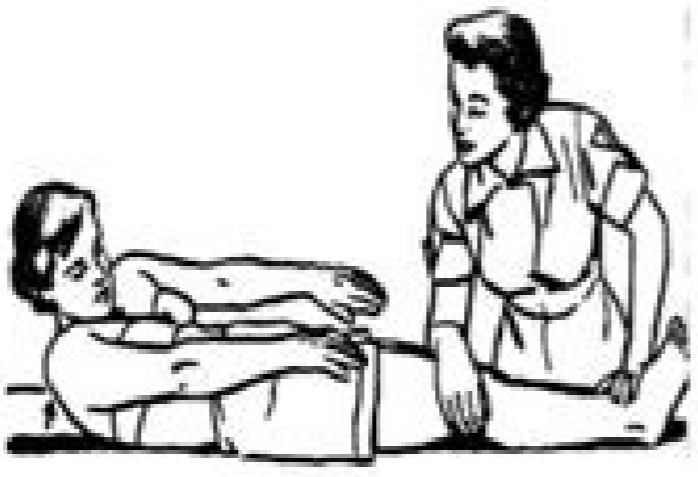
ACTUALIZACIÓN: ...

Tabla 1. Estructura interna de una escala

Síndrome (Concepto)	Factores (Dominios)	Ítem
Síndrome Depresivo	Alteración del estado de ánimo	¿Se ha sentido triste? ¿Se ha sentido aburrido? ¿Ha perdido capacidad de disfrutar?
	Alteración de la conducta motora	¿Ha disminuido la actividad motora? ¿Se fatiga con facilidad? ¿Presenta agitación motora?
	Alteración de funciones autónomas	¿Ha tenido insomnio? ¿Ha tenido anorexia? ¿Ha aumentado el apetito?
	Alteración de pensamiento y función cognoscitiva	¿Se siente culpable de algo? ¿Ha pensado en suicidarse? ¿Tiene dificultad para concentrarse?

ROTACION DEL TRONCO

BUENA
 Deslúto supino con los brazos a lo largo del cuerpo. Se fijan con firmeza las piernas. El paciente efectúa el movimiento de rotación y flexión del tórax hacia un lado. Se repite en el lado opuesto. (Si están débiles los músculos flexores de la cadera, se fija la pelvis como en la prueba que sigue.)



VESTIGIOS Y CERO
 El explorador palpa los músculos mientras el paciente trata de acercar el tórax del lado izquierdo y la pelvis del derecho. Se repite la prueba en el lado opuesto.



Nota: Obsérvese la desviación del ombligo, que se moverá hacia el cuadrante más potente cuando existe una diferencia en la fuerza de los músculos oblicuos opuestos. Esta prueba no aparece en las ilustraciones.

REGULAR
 Posición en decúbito dorsal apoyando las manos en el hombro del lado opuesto. Se fija la pelvis. El paciente efectúa un movimiento de rotación del tórax hasta que el ombligo correspondiente al hombro que se adelanta se des-pegue de la mesa. Se repite el movimiento de rotación en el lado opuesto.



as both men looked at the power and justice in their presidencies. As seen on Tucker Carlson tonight! USA Today and Wall Street Journal Bestseller! The internal story of the laptop that exposed the president's dirtiest secret. When a Biden hunter abandoned his computer in a Mac repair shop in Delaware in the spring of 2019, only six days before his father announced his candidacy for the U.S. presidency, he became the time bomb in the shadows of the Joe Biden campaign. The dirty secrets contained in Hunter's laptop almost derailed his father's presidential campaign and turned on one of the biggest media covers in American history. This is the undisputed story of what is really inside the laptop and what China knows about the Bidens, from the journalist of the New York Post who brought it outdoors. It exposes the censorship operation coordinated by Big Tech, the establishment of media and former intelligence agents to suffocate the coverage of the New York Post. In a raw political energy exercise three weeks before the 2020 elections. A treasure of corporate documents, emails, text messages, photographs and voice recordings, which featured a decade, the laptop provided the first proof that President Joe Biden was involved in the adventures of his son in China, Ukraine, and beyond, despite his denials. This intimate insight into Hunter's dissolute lifestyle shows that he was unable to keep a job, not to be paid tens of millions of dollars in oncsilibats ehc ittaf i rep - amrefnoc id ilgatted i e inoizrcsart el" etartne el iarevort iuQ .avetsise non ehc otted otats "À it ehc enoizatov tekcar elassoloc led evorp itnetop enopse azuoSàD hseniD ,omsilaicos id itinU itatS e noitaN a fo htaeD aciremÀ id relles tseh id erotua e iranidroarts iratnemucod id atsiger II .enoizan anu ni irottele ilged idorf otatnaip iah e otseuq aznatsabba iaF .otov id ottersid nu ni atloccar id elotacs ellen inoizatov elleuQ ehciracsid ,spmuD ,deeselppA ynnhoj itsafen inucla emoc .e oipmese rep ,amabO etnediserp xe'llad esomaf eser "ytinummoC alled itsivitta id inoizazinagro" eL - ehcitolop enihccam e esorbmo GNO ad itinrof itov id occas nu etnemacisif ednerp ehc erotaffurt li "À olum II .adarts al otiploc onnah enoizacude aipod a e ilarottele ilgorbmi iuc ni oicorcni'lla otavort "À is enoparit II .elanimirc nU .otnemagap a oilgafir nU .olum li :evaihc arufig aL .irottele ilged idorf imrone errudorp rep ollevil id itnega -lanoitaN ad itatnemilarvos e iserp itats onais ytinummoC alled trotazzinagro ilg "e ocitarcomed otitrap led keah ad otta ni ossem ottorrocc Àig ametis nu emoc artsomid azuoSà D .gnikcartoeg led esnerof acincet alled acitilana azzetaniffar al e elaudividni enoisicerp al e iraluco inomitset led aznainomitset al noC .otadilasnoc ottaf nu ,azuoS ~à D hseniD rellestseb id ovitaeqitsevni atsilamroig la e erotua'lla eizary arO .asucca'nu olos "À noN ,ocitarcomed otitrap lad etartsehcro idorf id aneip are 0202 led ilaiznediserp inozele ella are enoizerrocc aL .ocifargotamenic oiratnemucod etnatropmi nu ,ertlonl avetsise non ehc otted otats "À it ehc otov id edorf alled evorp itnetop el enopse azuoS s'D hseniD otudnev Àip erotua'l ,atlov amitlu'L .orebil odnom led redael li otatnevid ebberas ehc etnediserpeciv led oilgif li arE .ottaf ah etnemaivo ehc - erednev ad erolav id ortla'soclaug esseva non ehc onem a ,ireinarts isseretni rep ilanoizanretni ilaicremmoc idrocca .ilum .ilum 000.2 ,azuoS ~à D id ocifargotamenic oiratnemucod elapicnirp len etatneserp 0202 ilarottele makes a powerful argument that 2020 was a stolen election. More important, DeÁÁSouza proves it.The definitive history of modern Vietnam, lauded as "groundbreaking" (Guardian) and "the best one-volume history of modern Vietnam in English" (Wall Street Journal) and a finalist for the Cundill History Prize In Vietnam, Christopher Goscha tells the full history of Vietnam, from antiquity to the present day. Generations of emperors, rebels, priests, and colonizers left complicated legacies in this remarkable country. Periods of Chinese, French, and Japanese rule reshaped and modernized Vietnam, but so too did the colonial enterprises of the Vietnamese themselves as they extended their influence southward from the Red River Delta. Over the centuries, numerous kingdoms, dynasties, and states have ruled over -- and fought for -- what is now Vietnam. The bloody Cold War-era conflict between Ho Chi Minh's communist-backed Democratic Republic of Vietnam and the American-backed Republic of Vietnam was only the most recent instance when war divided and transformed Vietnam. A major achievement, Vietnam offers the grand narrative of the country's complex past and the creation of the modern state of Vietnam. It is the definitive single-volume history for anyone seeking to understand Vietnam today.Disunited Nations: The Scramble for Power in an Ungoverned WorldShould we stop caring about fading regional powers like China, Russia, Germany, and Iran? Will the collapse of international cooperation push France, Turkey, Japan, and Saudi Arabia to the top of international concerns?Most countries and companies are not prepared for the world Peter Zeihan says weÁÁÁre already living in. For decades, AmericaeÁÁÁs allies have depended on its might for their economic and physical security. But as a new age of American isolationism dawns, the results will surprise everyone. In Disunited Nations, geopolitical strategist Peter Zeihan presents a of counterintuitive arguments about the future of a world where trade agreements are coming apart and international institutions are losing their power.Á Germany will decline as the most powerful country in Europe, with France taking its place. Every country should prepare for the collapse of China, not North Korea. We are already seeing, as Zeihan predicts, a shift in outlook on the Middle East: It is no longer Iran that is the regioneÁÁÁs most dangerous threat, but Saudi Arabia. The world has gotten so accustomed to the çÁÁnormalcÁÁÁ of an American-dominated order that we have all forgotten the historical norm: several smaller, competing powers and economic systems throughout Europe and Asia.Á ÁAmerica isn'tÁÁÁt the only nation stepping back from the international system. From Brazil to Great Britain to Russia, leaders are deciding that even if plenty of countries lose in the growing disunited chaos, their nations will benefit. The world isn'tÁÁÁt falling aparteÁÁÁit'sÁÁÁs being pushed apart. The countries and businesses prepared for this new every-country-for-itself ethic are those that will prevail; those shackled to the status quo will find themselves lost in the new world disorder.Smart, interesting, and essential reading, Disunited Nations is a sure-to-be-controversial guidebook that analyzes the emerging shifts and resulting problems that will arise in the next two decades. We are entering a period of chaos, and no political or corporate leader can ignore ZeihaneÁÁÁs insights or his message if they want to survive and thrive in this uncertain new time. time.

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