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Necessity of Hearing Conservation Program in India: A Systematic Review

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Abstract: Background: Noise-induced hearing loss (NIHL) is a significant public health concern in India. Occupational noise exposure is prevalent in various industries and poses a significant risk to workers' hearing health. Implementing effective hearing conservation programs (HCPs) is essential for preventing and managing NIHL. This systematic review aims to assess the necessity of hearing conservation programs in India and explore their potential impact on occupational noise-induced hearing loss.

Methods: A comprehensive literature search was conducted across major electronic databases, including PubMed, Google Scholar, Science Direct, ProQuest and Psynet. Studies published between 2009 to 2023 were included if they focused on hearing conservation programs, NIHL prevalence, awareness, or interventions in the Indian context. Relevant articles were selected, and their quality was assessed using with Preferred reporting Items for systematic review and meta-analysis (PRISMA)

Results: The initial search yielded 3102 articles, of which 12 met the inclusion criteria. The included studies highlighted the alarming prevalence of NIHL among Indian workers, particularly in industries such as manufacturing, construction, and textiles. Moreover, they emphasized the lack of awareness and inadequate implementation of hearing conservation programs across various sectors. However, a limited number of studies evaluated the effectiveness and outcomes of existing programs.

Conclusion: The findings of this systematic review underscore the urgent need for comprehensive hearing conservation programs in India. The prevalence of noise-induced hearing loss among workers indicates a significant occupational health challenge. Strengthening awareness campaigns, implementing preventive measures, such as engineering controls and personal protective equipment, and regular audiometric monitoring are crucial for reducing the burden of NIHL.

I. INTRODUCTION

Noise, or unwanted sound, is one of the most pervasive occupational health problems. It is a by-product of many industrial processes. Sound consists of pressure changes in a medium (usually air), caused by vibration or turbulence. These pressure changes produce waves emanating away from the turbulent or vibrating source. Exposure to high levels of noise causes hearing loss and may cause other harmful health effects as well. The extent of damage depends primarily on the intensity of the noise and the duration of the exposure. (Occupational safety and hearing administration 2002).

Noise-induced hearing loss can be temporary or permanent. Temporary hearing loss results from short-term exposures to noise, with normal hearing returning after a period of rest. Generally, prolonged exposure to high noise levels over a period gradually causes permanent damage. (Occupational safety and hearing administration 2002).

Employees who are regularly exposed to loud and harmful noise levels must take part in a hearing conservation program as mandated by the Occupational Safety and Health Administration. Many individuals may not be familiar with what a hearing conservation program entails, why it is crucial, or how it is implemented. It is crucial for those working in environments with potentially damaging noise levels. Actively educate themselves about the hearing conservation program. This is even more important for managers and employers, as their primary responsibility should be ensuring the safety of their employees. The people working in agriculture, mining, construction, manufacturing, utilities, transportation, and the military are more exposed to dangerous levels of noise.

Hearing conservation program must be implemented for all employes who are exposed to noise exceeds 85dBA during the course of 8hrs.

The key elements of a hearing conservation program recommended by OSHA includes:

1) Monitoring: An employee is exposed to a time -weighted average of about 85dBfor duration of eight or more hours. OSHA requires the use of careful monitoring.



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- 2) Audiometric testing: The employer must establish and maintain an audiometric testing program. The important elements of the program include baseline audiograms, annual audiograms, training, and follow up procedures. Employers must make audiometric testing available at no cost to all employees who are exposed to an action level of 85 dB or above, measured as an8-hour TWA.
- 3) Herring protectors: Employers must provide hearing protectors to all workers exposed to 8-hour TWA noise levels of 85 dB or above. This requirement ensures that employees have access to protectors before they experience any hearing loss. Employers must provide employees with a selection of at least one variety of hearing plug and one variety of hearing muff. Employees should decide, with the help of a person trained to fit hearing protectors, which size and type protector is most suitable for the working environment. The protector selected should be comfortable to wear and offer sufficient protection to prevent hearing loss.
- 4) *Training:* Employee training is very important. Training should include information about the effect of noise, hearing protection device, explanation about hearing test, hearing conservation program.
- 5) Record Keeping: The employer should document the workers' hearing history like when they started the job, base line audiogram, annual audiogram and evidence of training education attended by the employee.

Hearing conservation programs are extremely important in India to protect workers' hearing in different industries. These programs use techniques like controlling noise levels, encouraging the use of protective equipment, regularly checking workers' hearing, and spreading awareness.

By doing so, these programs have effectively reduced the chances of hearing loss caused by noise. It is essential to continue implementing and enhancing these programs to ensure the long-term health of workers and create safer workplaces across the country.

II. NEED OF THE STUDY

Noise induced hearing loss and its wide-ranging impact on individuals, there is an urgent need for comprehensive hearing conservation in India. This study aims to raise awareness about the magnitude of the problem, identify key challenges, and advocate for policy changes, improved access to services, and increased public education. By prioritizing hearing conservation,

III. METHODOLOGY

A. Aim

To systematically review the outcomes of literature that use to find necessity of hearing conservation programs in India.

- B. Objectives
- 1) To provide an overview of occurrence of noise induced hearing loss in workers of various sectors in India.
- 2) To determine the amount of research evidence in effectiveness of hearing conservation program.

C. Review questions:

The current review of studies was performed with following review of questions Is hearing conservation program necessary in workers of various sectors in India.

Inclusion and Exclusion criteria

- D. Inclusion criteria
- 1) Published in peer-reviewed journals since last 16years (2007-2023)
- 2) workers who are exposed to noise in Indian scenario.
- E. Exclusion criteria
- 1) Studies with unclear findings
- 2) Duplicate studies were found multiple times in different data base.
- 3) Studies that published earlier than 2009
- 4) Studies that include workers from outside India



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F. Search Process

The review was conducted in accordance with Preferred reporting Items for systematic review and meta-analysis (PRISMA) standard. Key words like Noise induced hearing loss in factory workers in, noise induced hearing loss in drivers, hearing conservation programs in India, prevalence of noise induced hearing loss in India etc. These search terms were used to look up literature across several databases.

PubMed, Google Scholar, Science Direct, ProQuest and PsyNet database were used to find out the related article for the review. The PRISMA flow chart has four steps: discovering the article, screening the article that has been found, determining their eligibility, and choosing the article for study. These concluding articles were chosen as qualitative studies that met the requirement for inclusion in the current investigation.

G. Data Extraction

The title, data or abstract retrieved from the search strategies were screened to find the studies that matched the inclusion criteria. Potential studies entire texts were then obtained and compared to see if they are qualified. The data that was extracted, covered the following topics: study population, methodology, participants, demographic including evaluation technique, and treatment outcomes. Using pre-designed table the data from the selected studies were extracted.

Additionally data on the eligible studies that met the inclusion criteria were retrieved including information on the year of publication, the kind of publication ,the study design ,the research type, the research type, the research topic, the study's origin ,and author profile with their affiliation

H. Selection of article

Identification of articles relevant to the current topic was an important step and using key words to the different electronic databases, 3102 records were identified. Different databases included Google scholar (n=2002), ProQuest (n=498), PubMed (n=450), ResearchGate (102) and Others (n=50). From the total identified articles (3,102), duplicate articles (1,301) were excluded and remaining 1,801 articles were screened for the study. The articles (1,511) that did not match the review topic were also excluded. Remaining 290 articles were taken into consideration for further process and 59 articles were not able to be retrieved and were also not included. 231 articles were assessed for eligibility for inclusion in the current review.

Articles that were published (160) earlier than 2009 were also not included., 40 works who are not exposed to noise were excluded from the study.

An unspecified number of workers and others (27) were also excluded from the study. Finally, only twelve articles fully matched our eligibility criteria and were selected for the study. These twelve articles are the latest research papers that are published in journal of audiology 2009 to 2022. These all papers include noise induced hearing loss in workers among various sectors in India and hearing conservation programs.

I. Study Design And Characteristics

Papers selected for the current review were all pre and posttest research design depending on comparative, observational, training survey and experimental study (Table 1).

Shows hearing conservation programs in various sectors. Singh (2019) included 110 participants in which 60 were different craft trades and 50 were referend group. Singh, Bhardwaj, Kumar(2012) included 572 20workers. Dewangan, Patel, (2023) included 60 workers into two groups (experimental-30,controlled group 30), Singh, Bhardwaj, Kumar(2013) included 572 20workers. Bennet, Joseph Mehazabeen Monisha included 174 workers. Basheer, Bhargavi, Prakash(2019) included 57 workers, Chandrasekhar, Pawar, Patil, (2009) included 420 workers. Rajan, Mathew, Shiju (2021) included 13 workers. Kumar, Varghese, Mohan, Singh, Mahajan (2005) included 100 works. Cherian, Bhargavi (2022) included 720 workers. Edward, Mukesh, Manohar, Sai, Gangadhara, Kallikadan (2016) include114 workers. Majumder, Mehta (2009) included 30 workers. Figure 1: Shows the Diagram that illustrates the PRISMA (Moher, Liberati, Tetzlaff, & Altman, 2020) Process of identification, screening, and selection of the articles for the present study.

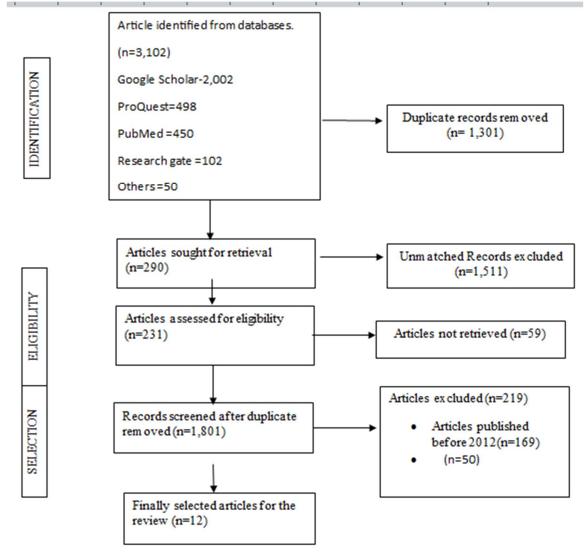


Figure 1: Shows the Diagram that illustrates the PRISMA.

(Table 1). Shows hearing conservation programs in various sectors

Author	Title of	Paper title	Aim of the	Study	Study sample	Technique	Asses	Finding
year	journal		study	design	size/type	used	sment	
	/book						tool	
Ashish	Ergonomi	Comparativ	Assess the	case-	Sixty male	Audiometric	Audio	Audio metric
Kumar	cs	e	noise exposure	control	participants	tests were	metric	tests were done
Singh-		assessment	and loss in	explorator	involved in	conducted to	test	to compare the
2019		of shift in	hearing	y study	different	compare the		hearing ability of
		hearing	threshold (HT)		crafts trade	HT between		two groups. The
		threshold	due to the		and a	both the		workers who
		among	occupational		reference	groups.		were exposed to
		handicraft	use of hand		group of 50			more noise had
		operatives	tools used for		office			moderate hearing
		in India	handicraft		workers were			problems in the
			work.		selected.			range of 1500-



		,						
								6000 Hz, which was consistent with the amount of noise they were exposed. To address this issue, recommend making changes to the tools used, implementing hearing conservation programs and the practice of personal protective equipment.
Lakhwin der Pal Singh, A rvind Bhardwa j, Deepak Kishore Kumar 2012	Noise health	Prevalence of permanent hearing threshold shift among workers of Indian iron and steel small and medium enterprises: a study	Determine the prevalence of permanent hearing threshold shift among the workers engaged in Indian iron and steel small and medium enterprises (SMEs) and compared with control group subjects.	questionna ire survey	572 workers	Audiometric test	Audio metric test	The analysis found that more forging workers had significant hearing loss compared to workers in other activities. The study showed alarming signs of noise-induced hearing loss, especially among forging workers. To reduce occupational exposure to noise, we can use effective measures like engineering controls, administrative controls, and personal protective devices or more practical way to protect industrial workers from



							workplace noise is to have a comprehensive hearing conservation program. This program should include training, regular hearing tests, job rotation, and the use of hearing protection devices.
Lakhwin der Pal Singh Arvind Bhardwa j, Kishor e Kumar Deepak 2013	Human factor	Occupation al noise- induced hearing loss in Indian steel industry workers: an exploratory study	Exploring the current level of hearing protection and subsequently determined the prevalence of occupational noise-induced hearing loss among casting and forging industry workers.	572 workers	Audiometric test	questi onnair e survey audio metric test	The analyses revealed that higher prevalence of significant hearing loss among the forging workers compared with the workers associated with the other activities. In the Indian steel industry, workers are exposed to a lot of noise at work. It's important to provide special ear protectors for workers involved in forging. To address this issue, a comprehensive hearing protection program should be implemented. This program should include training, regular hearing tests, job



								, , , , ,
								rotation, and the
								use of hearing
								protection
								devices.
Krishna	Noise	Noise	The aim of this		30 tractor	Audiometric	Intervi	The tractor
Narayan	health	exposure	study was to		drivers and	test	ew	drivers were
Dewanga		and hearing	measure noise		30 control		Audio	exposed to loud
n ¹ , Than		loss among	intensity at the		group		metric	noises ranging
eswer		tractor	tractor drivers'		subjects.		test.	from 91.7 to 97.5
Patel ¹ , L		drivers in	ear level and					dB(A). The result
alremrua		India	hearing loss					revealed that
ta		India	among tractor					hearing ability
2023			drivers.					was significantly
2023			directs.					was significantly worse compared
								_
								to the subjects in
								the control
								group. The left
								ear of the tractor
								drivers was more
								affected than the
								right ear as the
								tractor drivers.
								To address this
								issue, a
								comprehensive
								hearing
								protection
								program should
								be implemented.
Bennet	Noise	Noise	The aim of the	Survey	174 workers	Survey	survey	174 completed
Elsa	health	pollution in	study was to		17.1 (1011015	Zui vey	sur . cj	questionnaires
Joseph ¹ ,	nourth	hospitals -	determine					were received
Haleem		A study of						and analyzed, out
Mehazab								-
		public	public					of which 108
een 1		perception	regarding noise					were general
, Monish			pollution in					public and 66
a U			hospitals, its					were
			health effects					Audiologists.
			and mitigation					The data analysis
			measures.					revealed that the
								public is aware
								of the presence
								of noise in
								hospitals, some
								of its overt health
								effects and
								measures that
								can be taken to
				l				



		T	T		I		1	
								control the noise
								pollution in
								hospitals. Only
								22.7%
								Audiologists who
								participated in
								the study were
								aware of the
								more technical
								aspects like
								permissible noise
								level in hospitals
								and their
								response was
								similar to that of
								the general
								public. Though
								the public is
								aware of some of
								the basic facts
								related to noise
								in hospitals, there
								is a need to
								create public
								awareness and to
								train
								Audiologists
								regarding hearing
								conservation
								1 0
D :	3.T ·	77 1 1	T1	C		a	17	hospital setups.
Ramziya	Noise	Knowledge,	Identify the	Cross	57 workers	Survey	Kap	The responses
Basheer 1	health	attitude, and	knowledge,	sectional			questi	obtained from
, P G		practice of		study			onnair	workers showed
Bhargavi		printing	practice (KAP)				e	inadequate
² , Hari P		press	of printing					knowledge,
Prakash 2019		workers	press workers					negative attitudes
2019		towards	towards NIHL.					in certain
		noise-						subdomains and
		induced						poor practice. He
		hearing loss						findings from the
								present study
								sheds light on the
								dearth of
								awareness in
								printing press
								workers on
								hearing
								conservation and
					i			



								1 6
								need of training
								programs to
								educate the
								printing press
								workers towards
								the effects of
								NIHL.
Amar M,	Journal	Noise	The present		420 workers	Audiometric	Audio	The average
Dhere	of	induced	research work		.20 World	test	metric	NIHL are found
Chandra	environm	hearing loss	reveals the			test	test	in 28% saw mill
		_					iesi	
sekhar B	ent	(NIHL) in	NIHL problem					workers and 13%
Pawar, D	science	saw mill	in workers					in printing press
hanraj A	engineeri	and printing	related to saw					workers. It is
Patil, Jan	ng	press	mill and					reported that
ardan A		workers in	printing press					medicine
Pawar		Akluj Town	in Akluj town,					treatments are
2009		of Solapur	Solapur district					not very useful
		district	of Maharashtra					for curing NIHL.
			state.					Today's available
								tool which
								prevents NIHL is
								ear plugs and ear
								muffs, which are
								suitable for
								preventing NIHL
								= =
								•
								industrial
								workers.
A	Research		Current study		13 workers		Audio	Train ticket
Rajan, S	gate		aims to assess				logica	examiners
Nayak, L			the NIHL in				1	(TTEs) had mild
Mathew,			Indian				evalua	hearing loss,
R Shiju			Travelling				tion	which was
2021			Ticket					strongly linked to
			Examiners.					their work
								experience. It is
								crucial to
								implement a
								suitable and
								effective Hearing
								Conservation
								railway
								employees
Adarsh	American	Effect of	Study	Cross	100	Audiometric	Audio	50 farmers
Kumar	journal of	tractor	compares the	sectional		test	metric	reported hearing
NNMath	audiolog	driving on	hearing status	study			test	problems based
ur,	у	hearing loss	of tractor					on their own
Mathew		in farmers	driving farmers					perception.
						1		



Dinesh Mohan, Mohan, Jr.	37 1		· т 1·	(TDE) () 1					TT
Mohan, IKSingh , Puneet (NTDFs) Ahahajan 2005 Mahajan 2005 Research Mary Serior Serior Serior Mary Cherian Bhargavi PG Go administrati on of public awareness of Karnataka's hearing loss in Karnataka Serior Mary Ramataka's Language Serior	Varghese		in India	(TDFs) (study					However,
JENSINGH PRESEARCH MATP Mary Square Cherian Bhargavi Cher				U 17					•
Providence of Mahajan Control group Cont	Mohan,			non-tractor					analysis showed
Mahajan 2005 Manajan Control group matched for age, sex, generic/ethnic group, land holding, education levels, and work routines. Intervention In	JKSingh			driving farmers					a higher
matched for age, sex, generic/ethnic group, land holding, education levels, and work routines. Jiney Research Cultural square Squ	, Puneet			(NTDFs)					prevalence of
age, sex, generic/ethnic group, land holding, education levels, and work routines. Jincy Mary square Cherian Bhargavi PG 2022 Research administrati on of public awareness questionnair e on hearing health and hearing loss in Karnataka Karnataka Ramataka Bage, sex, generic/ethnic group, land holding, education levels, and work routines. The roise levels observed on tractors in different operations were in the range of 99. Tractor noise levels exceeded the recommended safe limits of OSHA and NIOSH prescribed standards The study aims to culturally adaptation adaptation of public awareness of the statements correctly, but there were gaps in their knowledge about specific important topics. There is a lack of public awareness about the impact of ringing in the ears on daily activities, and most people are unaware of	Mahajan			(control group)					abnormalities in
generic/ethnic group, land holding, education levels, and work routines. Jincy Research Cherian Bhargavi PG 2022 2022 Amarias and hearing loss in Karmataka Karmataka	2005			matched for					TDFs. TDFs had
generic/ethnic group, land holding, education levels, and work routines. Jincy Research Cherian Bhargavi PG 2022 2022 Amarias and hearing loss in Karmataka Karmataka				age, sex,					more often high
group, land holding, education levels, and work routines. Provided Head of the Provided He				_					_
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Jincy Research Mary square Cherian Bhargavi P.G 2022 Research Sampling P.G administrati on of public awareness of Learing hearing loss in Karnataka Ramataka									NIOSH
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Cherian Bhargavi P.G On of public awareness questionnair e on hearing health and hearing loss in Karnataka Marnataka Survey design (Quota sampling) (All sam	Jincy	Research	Cultural	The study aims	Cross-	720	Questionnair	questi	Around 70% of
Cherian Bhargavi P.G 2022 awareness questionnair e on hearing health and hearing loss in Karnataka Karnataka Bhargavi P.G Administrati administra	Mary	square	adaptation	to culturally	sectional		es	onnair	the respondents
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in Karnataka There is a lack of public awareness about the impact of ringing in the ears on daily activities, and most people are unaware of				_					-
Karnataka public awareness about the impact of ringing in the ears on daily activities, and most people are unaware of			_	nearui.					_
about the impact of ringing in the ears on daily activities, and most people are unaware of									
of ringing in the ears on daily activities, and most people are unaware of			Kainataka						
ears on daily activities, and most people are unaware of									_
activities, and most people are unaware of									
most people are unaware of									•
unaware of									
quidalinas for									
									guidelines for
reducing									_
exposure to loud									exposure to loud
noises. These	1								=



								findings
								highlight the
								need for
								informative
								initiatives to
								reduce noise and
								increase
								awareness.
								awareness.
	journel	Prevalence,	To determine	Cross	114	Questionaire	Pure	In the selected
Edward,	Journer	awareness,	the prevalence	sectional	111	Questionane	tone	plywood
Mukesh		and	of occupational	study			audio	industry, there
Mukesii		preventive	NIHL in the	study			metry	were 114
Manohar		-	selected				men y	workers involved
, Sai		practices of noise-induc						
, Sai			industry					in the study .57
		ed hearing	To evaluate the					were confirmed
Somayaj		loss in a	awareness and					to have noise-
i,		plywood	practices					induced hearing
Gangad		industry	regarding					loss (NIHL),
hara			prevention, of					which accounted
			NIHL in the					for 51.4% of the
Kallikka			selected					cases.
dan,			industry •To					Considering the
Hebin			emphasize the					lack of
2016			critical					awareness
			importance of					regarding NIHL
			educating					and preventive
			industry					measures among
			workers					the noise-
			regarding					exposed workers
			NIHL and its					in this study, it is
			prevention.					critically
								important to
								provide health
								education and
								implement
								prevention
								methods. This
								includes
								providing
								earplugs,
								earmuffs, regular
								audiometric
								screenings,
								establishing
								legislative
								standards for
								exposure time to
								noise, and
								noise, allu



						ensuring their implementation.
J. Maju	Internatio	Excess risk	Estimate	30		The values of
mder,	nal	estimates of	an <i>excess</i>			estimated
C.R. Me	audiolog	hearing	risk of hearing			average excess
hta	y of	impairment	impairment of			risk indicated
2009	industrial	of Indian	professional			that hearing
	ergonomi	professional	drivers in			damage of
	cs	drivers	Kolkata city of			professional
			India.			drivers was
						expected to occur
						sooner at 3 and
						4 kHz
						frequencies than
						losses at lower
						frequencies. It
						was concluded
						that the
						occupational
						hazards of
						professional
						driving
						significantly
						increased hearing
						threshold levels
						of drivers as
						compared to
						office workers.

Table 2 shows over all study finding of necessity of hearing conservation program in various sectors.

Population	Number	Total number	percentage	Overall findings
studied	of papers	of participants	F	1
Industrial workers	7	1425	58.3	A complete hearing observation program including training, audiometry, job rotation and use of hearing protection device is the most feasible method for the protection of industrial workers from prevailing noise in workplace environments.
Drivers	3	730	25	Tractor noise level should not be exceeded the recommended safe limits of OSHA and NIOSH
Professionals	1	174	8.3	Create public awareness and train audiologist regarding to the hearing conservation program
Railway employes	1	13	8.3	The interactive effects of occupational NIHL, ageing and recreational noise exposure may ultimately result in a handicapping situation in these railway employees' professional and personal lives. Hence the enrollment of Railway employees in an appropriate and effective Hearing Conservation Program is a necessity



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Outcome

Table 3 shows the outcomes of various hearing conservation programs.

Authors and Year	Outcome of the studies
Singh (2012), Dewangan et al (2019), Rajan et al (2012), Majumder et al (2009). Kumar et al (2005) Singh et al (2010), Singh et al (2013), Amar et al, Edward et al (2016)	To reduce occupational exposure to noise, use effective measures like engineering controls, administrative controls, and personal protective devices or more practical way to protect industrial workers from workplace noise is to have a comprehensive hearing conservation program. This program should include training, regular hearing tests, job rotation, and the use of hearing protection devices., establishing legislative standards for exposure time to noise,
Joseph et al (2022), Basheer et al (2019), Cherian et al (2022)	Educate the workers about the effects of noise induced hearing loss and the importance of hearing conservation programs.

IV. SUMMERY AND CONCLUSION

The current systematic review focuses on necessity of hearing conservation programs in India. Hearing conservation programs are extremely important in India to protect workers' hearing in different industries. These programs use techniques like controlling noise levels, encouraging the use of protective equipment, regularly checking workers' hearing, and spreading awareness. these programs have effectively reduced the chances of hearing loss caused by noise. It is essential to continue implementing and enhancing these programs to ensure the long-term health of workers and create safer workplaces across the country.

The reviewed studies provide evidence of the positive impact of comprehensive programs in various industries. However, continuous efforts are required to raise awareness, ensure compliance, and establish standardized guidelines for sustained success in hearing conservation.

V. LIMITATIONS

- Limited numbers of articles have been taken for this systematic review.
- Considered studies on Indian population only.

VI. **FUTURE DIRECTIONS**

More studies can be included for systematic review to get good statistical evidence.

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