Instruction for workshop presentation submission

Workshop title: Diagnosis of Work Related Musculoskeletal Disorders

Moderator/s name: Dr. Deepak Sharan
Moderator/s affiliation/organisation, COUNTRY: RECOUP Neuromusculoskeletal Rehabilitation Centre, Bangalore, Karnataka, INDIA

Theme: work related musculoskeletal disorders

Objectives: Diagnosis of Work related musculoskeletal disorder (WRMSD) can be controversial and challenging, especially since soft tissue evaluation requires specialised manual skills not usually provided in medical training. Symptoms or WRMSD are often poorly localised, nonspecific, and episodic. Accurate diagnosis helps determine the most appropriate treatment and protects the worker from treatments that are ineffective, unwarranted, or unnecessarily invasive. In this interactive workshop we will present the latest criteria for diagnosis and for classification of WRMSD. This workshop is aimed to refine health professionals ability in assessment and differential diagnosis of a worker with musculoskeletal disorder..

Length of workshop: 90 – 120 minutes

Target audience and expected level of interest: This workshop is targeted to medical occupational health personnel and primary care physicians, occupational therapists, physiotherapists, researchers and ergonomists.

Type of room and/or facilities required: Standard lecture room which can occupy upto 50 to 75 participants. LCD projectors with video players

Materials needing to be provided (if any): None.

Abstract:

Work Related Musculoskeletal disorders (MSDs) are widespread in many countries, with substantial costs and impact on quality of life. MSDs create a significant financial burden to both employer and employee that includes the cost of treatment and lost work time. There is a growing demand to implement early identification and effective prevention strategies, aimed at early intervention in employees prior to possible absenteeism due to foreseen sickness or disability. A wide range of conditions may be considered as MSDs, including myofascial pain syndrome, fibromyalgia, peripheral entrapment neuropathies (carpal or cubital tunnel syndrome), tenosynovitis, epicondylitis, and others. Several MSD multidisciplinary rehabilitation centres such as ours have developed a comprehensive, systematic and thorough medical examination protocol for MSD patients.

The diagnosis of WRMSD of each region of the body will include history taking, physical examination, special tests, investigations, differential diagnosis and time rule. Establishing work relatedness of MSDs has significant organisational, financial and medico-legal implications, besides helping the clinician to make considered decisions about a worker’s possible condition and management. Classification criteria, by contrast, aim to identify homogenous subgroups to help ensure that future studies are comparable and that data can be combined across industries, even countries. In this interactive workshop we will present the latest criteria for diagnosis and for classification of WRMSD.
The workshop will cover demonstration of clinical signs to orient delegates how to conduct a systematic neuromusculoskeletal examination in an occupational health setting and will be relatively low on theory. The Topics to be discussed during the workshop will be

Presenters/ topics

1. Dr. Deepak Sharan, Consultant in Orthopaedics, Rehabilitation and Ergonomics, RECOUP Neuromusculoskeletal Rehabilitation Centre, Bangalore, INDIA / Overview of classification and diagnosis of WRMSD, including criteria to determine work-relatedness of a MSD. Non-specific or diffuse WRMSD. WRMSD of Head, Neck, Upper Limb
2. Mr. Jerrish A. Jose, Consultant in Physiotherapy and Ergonomics, RECOUP Neuromusculoskeletal Rehabilitation Centre, Bangalore, INDIA / WRMSD of Spine, Thorax, Pelvis and Lower Limbs
3. Discussion