Instruction for workshop presentation submission

Workshop title: Risk assessment tools in healthcare ergonomics

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

Theme:

Objectives: Healthcare professionals are exposed to the risk of musculoskeletal disorders (MSD) due to factors such as working in the operation theatre for long hours, shift works, manual handling while caring for patients and transferring them, assuming varied physical positions and postures, and multi-tasking along with skilled and precise movements with latest surgical devices. This workshop is aimed at presenting an overview of the various Ergonomic Workplace Analysis (EWA) tools available to identify the risk factors of MSD among healthcare professionals.

Length of workshop: 90 – 120 minutes

Target audience and expected level of interest: This workshop is targeted to medical and 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 up to 50 to 75 participants. LCD projectors with video players

Materials needing to be provided (if any): None

Abstract:

The high prevalence of Work Related Musculoskeletal Disorder (WRMSD) in health care professionals such as Surgeons, Dentists, Radiographers, Laboratory Workers, Nurses, Massage Therapists and Physiotherapists/Occupational Therapists, has forced them to reconsider their career and even leave their current jobs in many countries. The purpose of applying the science of Ergonomics in healthcare sector is to support people in all possible ways that makes their workplace safe and comfortable.

When reviewing the literatures it was found that the prevalence rate for physiotherapists developing a WRMSD during the course of their profession was between 32% and 91%. The areas most commonly affected were the lower back and the wrist/hand. Prevalence for neck and shoulder pain ranged from 4.2% to 69%. Similar research performed on osteopaths showed a 69.23% WRMSD prevalence rate and reported the most commonly injured areas to be lumbar spine/sacrum, followed by the wrist and upper back/thoracic spine. Nursing homes have been a particularly hazardous environment for health care workers; back and shoulder injuries from moving patients account for the majority of problems in nursing homes, even with two-person lifts. Other problems occur as a result of bending and carrying/lifting.

Identification of risk factors is a vital part in prevention and so assessment using valid ergonomic tool is essential to know the risk involved. Identification of the risk factors associated with the development of WRMSD among healthcare professionals is possible by knowing the nature of the job and using various risk assessment tools.
Menoni et al. (1999) developed the MAPO (movement and assistance of hospital patients) method as a practical tool for analysis and intervention and prevention. The PTAI (Patient Transfer Assessing Instrument; Karhula, Ronnholm & Sjogren 2009) is a practical tool that occupational safety and occupational health professionals can use to evaluate the risk of patient transfers in the unit. The TilThermometer (Knibbe et al. 1999) is an instrument to assess exposure for physical overload for carers/nurses who are carrying out basic care and assess compliance with the Guidelines for Practice.

The aim of this session is to discuss various risk assessment methods that may help in estimating the risk involved in healthcare work and may help in risk modification.

Presenters/topics:

1. Dr. Deepak Sharan, Consultant in Orthopaedics, Rehabilitation and Ergonomics, RECOUP Neuromusculoskeletal Rehabilitation Centre, Bangalore, INDIA / Introduction to healthcare ergonomics. Risk Assessment based on Movement and Assistance of Hospital Patients (MAPO)
3. Discussion