

OP 13: PREVALENCE OF WORK RELATED MUSCULOSKELETAL PAIN AMONG NURSES AND ITS RELATION TO WORKING ENVIRONMENT IN SURGICAL WARDS, TEACHING HOSPITAL, JAFFNA.

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Introduction: Work related musculoskeletal pain (WRMP) is common among nurses. Causes may be physical and psychological.

Objective: To assess the prevalence of WRMP among nurses in surgical wards at Jaffna Teaching hospital and its relation to working environment.

Methods: Self-administered questionnaire was used among all surgical ward nurses (85): 75 responded. Pearson's Chi-square analysis was used to determine significance.

Results: WRMP were reported by 67.7% most being moderate in severity. It was reported in leg (58%), lower back (56%), shoulder (40%), knee (40%), neck (34%), upper back (28%), foot (28%) and upper limb (18%). WRMP was reported by 77.3% of the females and 53.3% of the males ($p=0.031$). Feeding bedridden patients ($p=0.001$) and changing clothes ($p=0.004$) were associated with WRMP. Working hours per week ($p=0.047$), long duration of static work posture ($p=0.012$), frequent repetitive work with shoulder, arm, hands or fingers ($p=0.029$) and difficulties in lowering workload at reduced working capacity ($p=0.029$) have significantly influenced on WRMP. Most of the nurses reported shortage of staff (97%) and unavailability of ergonomic devices (86.5%). Psychological factors were not significantly associated. Top 3 coping strategies were getting help to handle heavy patients, modification of nursing procedure to avoid stress and using different part of body for ease in carrying out nursing procedure.

Conclusion: Prevalence of WRMP was 67.7% and it was associated with stressful physical factors related to patient care while psychological factors were not significant. Lack of ergonomic devices and overwork were reported as the causes. Nurses are coping by getting help, modifying the procedure and using different part of the body.