

Correlazione tra disturbi muscolo-scheletrici e posture disergonomiche in un gruppo di operatori sanitari di un'azienda ospedaliera

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KEY WORDS

Musculoskeletal disorders; work-related postures; health care workers

SUMMARY

«Relationship between musculoskeletal disorders and work-related awkward postures among a group of health care workers in a hospital». **Background:** There are few studies in the Italian literature on musculoskeletal disorders (MSD) among health care workers (HCW) keeping and holding awkward postures during their job. **Objectives:** The aims of this study were to determine the prevalence of low-back, neck and upper limb complaints and the association between risk factors and MSD in HCW working in 15 wards of the Hospital of Cuneo. **Methods:** A questionnaire was submitted to 113 HCW. Information about demographic and occupational factors, and MSD characteristics were collected to be statistically elaborated. **Results:** The prevalence of complaints regarding at least one of the 3 body regions was 71% in the whole sample (80 subjects). Low back, neck and upper limb were interested, respectively, in 58.4%, 50.4% and 25.7% of the cases. Logistic regression showed a significant association of MSD with score >7 on the Borg scale (OR= 9.70; CI: 2.01-46.9; $p<0.01$), positive musculoskeletal clinical history (OR= 3.67; CI: 1.24-10.88; $p<0.05$), and visual defects (OR= 2.88; CI: 1.07-7.81; $p<0.05$). Based on the answers from the questionnaire, the onset of MSD was attributed in 41 cases to organizational problems, and in 14 cases to the ergonomic characteristics of the job. **Conclusions:** The index of prevalence of MSD associated to work-related awkward postures (71%) is very high, greater than that observed among HCW exposed to manual lifting of weights (21%) in the hospital. Thereafter, assessment of exposure and containment of such occupational risk must be considered useful.