

Editorial Note on the Prevalence of Musculoskeletal Disorders among Nursing Staff

Mohd Mukhtar Alam*

Department of Mechanical Engineering, Vivekananda Global University, Jaipur, Rajasthan, India

***Corresponding Author:** Mohd Mukhtar Alam, Department of Mechanical Engineering, Vivekananda Global University, Jaipur, Rajasthan, India.

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Musculoskeletal diseases are a common work-related problem worldwide, and health care workers have been identified as high-risk groups of injuries [1]. In occupations involving extreme repetitive work, strenuous exercise, awkward postures, and heavy lifting, the risk increases [1,2]. Other risk factors include mechanical overload, exposure duration, repetitive tasks, and posture requirements. In addition, physical requirements, operational conditions, and workplace environment have been determined to cause problems for the physical and mental health of nursing staff [3]. In addition, tight time, little participation in decision-making and task delegation, strict observation, lack of communication, unclear job responsibilities and unclear execution time are all considered by nurses [4].

The prevalence of back, neck, and shoulder discomfort among healthcare professionals is relatively high. The prevalence of work-related MSD among nurses varies from study to study. In health care services, work-related MSD is very common, and the prevalence within one year ranges from 28% to 96% [5]. In addition, work-related MSD (WMSD) is a common cause of occupational barriers in healthcare institutions around the world [6,7]. As far as we know, the prevalence of WMSD among nursing staff and related factors is of great significance for health care service policy managers and professionals to reduce the existence of problems. Therefore, it is essential to regulate the spreading of WMSD among caregivers.

Policy makers may need to limit the number of hours caregivers work per week. This attempts to limit the prevalence of MSD among caregivers. In addition, policymakers may emphasize rest when dismissing the task, and stop when the caregiver starts to feel pain while performing the task. Other policy improvements may attempt to completely redesign lifting operations to avoid movements that are considered high-risk factors. There is a need to develop policies aimed at raising awareness of workstation injuries, their importance, and consideration of prevention methods to minimize them. Basic training in work-related accidents, prevention policies and ergonomics will also help nursing staff.

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