

عنوان مقاله:

Prevalence of work-related musculoskeletal disorders and related factors among nurses: A cross-sectional study

محل انتشار:

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خلاصه مقاله:

This study aimed to evaluate the musculoskeletal disorders caused by work and related factors in nurses. This cross-sectional study investigated and analyzed the prevalence of work-related musculoskeletal disorders and associated factors among nurses working in educational-therapeutic centers in Rasht, Iran, during ۲۰۱۸-۲۰۱۹. A two-part questionnaire was utilized in this study. The first part pertained to demographic characteristics, which the study participants completed. Body mass index (BMI) was calculated from the height and weight measurements the researcher took. The second part of the instrument comprised the Nordic questionnaire. Data description and statistical analyses were performed using SPSS software version ۲۴. In this study, a total of ۳۵۳ nurses participated. The results of this study indicate that a significant majority (۸۸.۱%) of nurses' experience about the musculoskeletal disorders in various parts of their bodies. Key factors influencing these disorders' prevalence include age, gender, BMI, occupational factors, hospital, and work shift. Among the findings, ۷۲.۵۲% of nurses reported experiencing the musculoskeletal disorders in the past ۱۲ months, while only ۷.۰% required hospitalization due to these issues. In sum, the high prevalence of work-related musculoskeletal disorders among nurses can be attributed to factors such as heavy workloads, insufficient nursing staff, inappropriate tools and equipment, an unsuitable work environment, and a lack of knowledge regarding ergonomic principles. To address these issues, it is recommended to implement educational interventions, enhance the work environment, eliminate organizational obstacles and deficiencies, and focus on factors that contribute to reducing the prevalence of musculoskeletal disorders.

کلمات کلیدی:

Musculoskeletal disorders, burnout, Nursing, Nurses

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