

# The pilot study on musculoskeletal injuries of Nursing assistants in a northern regional hospital

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## Background

The demand of nursing assistants (NA) is increasing sharply now. They perform care tasks, such as assisting patients feeding, percussion, bathing, and transfers bed to chair and back, etc. Long-term workload may cause chronic musculoskeletal injuries.

## Purpose

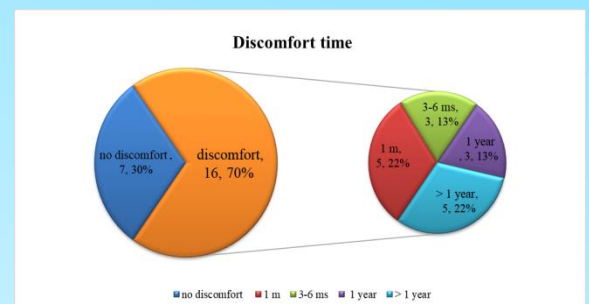
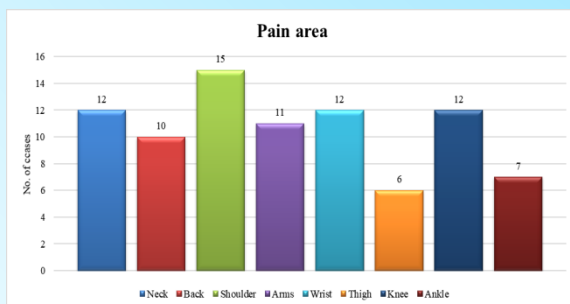
To reduce the chronic musculoskeletal injuries of nursing assistants and extend their working life.

## Method

From July to September 2019, we use the "Simplified Musculoskeletal Injury Questionnaire" to a total of 23 nursing assistants in a northern regional hospital. There are 12 NA in the nursing home, 11 NA in the respiratory department. Statistical methods include descriptive statistics and frequency distribution analysis.

## Result

NA: male (4, 21%),female(19, 79%);average age:49.78±7.128 years; average height: 1.59±0.056; average body weight:68.96±13.68 kg; average BMI:27.35± 4.726; average working experience:5.59±4.582 years, of which 0-1 year(1, 4%),1-5 years (11, 48%),5-10 years(8, 35%),>10 years(3, 13%); the most painful area is shoulder (15, 65%); neck, wrist and knee tied for second (12, 52%); third for arms (11, 48%) ; discomfort time for 1 month(5, 22%), 3-6 months(3, 13%), 1 year(3, 13%), more than 1 year(5, 22%) ; no discomfort(7, 30%); discomfort(16, 70%).



## Conclusion

Most of nursing assistants are a high-risk group of muscle strain in the occupational injury. It is necessary to provide better health education for working postures, transfer rotation skills, and assistive devices for mobility; and even rehabilitation treatment to reduce muscle tension and increase muscle strength.

## Relevance to HPH

In order to reduce musculoskeletal injuries and extend the career of nursing assistants.

## Keywords

nursing assistants, musculoskeletal injuries.