Health of health care workers
-Workshop-

Moderatori: Igor Grabovac, dr. med.
dr. sc. Hana Brborović, dr.med.
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Workplace prevention of back pain in the health sector: an unified algorithm for patients’ transfers

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Two studies of the pressures generated within a lumbar disc during the usual activities and postures of life.

Occidental Risks in Nursing

- Loading forces up to 4800 N.
- 98% of all transfers still done manually.
- Leads to high absenteeism, low productivity and low patient satisfaction due to inconsistency of health care workers involved.

Manual Transfer Techniques

- Ineffective, highly stressful, unsafe, and uncomfortable.
Workplace Risk Factors and Disc Degeneration

- Health care professionals are particularly at risk due to static loadings (surgeons, operating room staff) and vibrations (dentists, emergency medical services).
- Nurses have high LBP incidence due to the heavy physical activities often required to manipulate patients and due to the occurrence of sudden awkward lifts in cramped spaces, long hours at the computer terminal, or driving in ambulances.
- Associated costs of $100 billion annually in the USA alone makes this a public health concern.

American Nurses Association:
- 30% more sick leave than other professions.
- 12% leave their job due to LBP.
- 52% experience LBP.
The process is slow and cumulative and occurs over time.

Evaluation is difficult. Why?

- Etiology is diverse
- Psychological influences
- Stress
- Personality traits
- Rare objective radiological findings
Ergonomic Solutions

- Administrative and policy changes.
- Changes in job design.
- Using ergonomic aids.
- Worker education.
- Professional rehabilitation.
Ergonomic Aids

- Effective and accessible.
- High cost.
Proper lifting technique

Sitting up in bed

Standing up

Sitting down
Štefanac S, Grabovac I: “Unified Patient Transfer Algorithm”
Taking brakes: active and passive.
5 min back exercise regimes.
Proper education and use of ergonomic aids.
Creating appropriate administrative changes.
Good communication channels at all levels.
Thank you. Any questions?