

# **Prevalence and Associated Factors of Ergonomics-Related Injuries Among Nurses of Philippine Heart Center (2016)**

## **Division of Pediatric Care**

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**Background of the Study:** Workplace-related injury can be equated to poor ergonomics which is common and yet often neglected hazard in the health care industry. Nurses, among other medical practitioners, experience the highest rates of ergonomics-related injuries. In the Philippine Heart Center alone, musculoskeletal and low back pain were consistently included among the top ten medical complaints of employees.

**Objective:** To determine the prevalence and contributing factors to ergonomics-related injuries among nurses of Philippine Heart Center.

**Methods:** A cross-sectional analytic design was used to determine the prevalence of ergonomics-related injuries and other associated factors among nurses of Philippine Heart Center. Nurse participants ( $n=582$ ) were given self-administered questionnaire adapted from Kourinka Standardized Nordic Questionnaire, a tool used for analysis of musculoskeletal symptoms in an ergonomic and occupational health. Factors associated with ergonomics-related injuries were determined using logistic regressive analysis. The level of significance was set at 5%.

**Results:** Findings of this study showed that majority of staff nurses ( $n=524$ ), mostly female, reported ergonomics-related injuries in which the upper and lower back are the most vulnerable body part. There was a statistically-significant association between gender, awkward posture, and staffing (nurse-to-patient ratio) in acquiring ergonomics-related injuries.