

Analysis of Patient Handling Risk Factors for Musculoskeletal Disorders in Care Givers at Adam Malik Haji Center Hospital Medan in 2022

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ABSTRACT

Musculoskeletal disorders are a complaints that are often encountered in every worker. Well that worker offices as well as employees at home sick. According to observations and data obtained, that is complaint about disturbance musculoskeletal to the workers this often occurs in the area of the waist, legs, hands until back. The same is true for nurses who work at home sick. Disturbance musculoskeletal this often occur for nurses and workers alike house sick. because that many conducted study for overcome as well as identify reason as well as risk from disturbance this. From research this obtained that factor profession be one the potential to cause work related musculoskeletal disorders to nurses and assistants nurse at home Adam Malik Hajj Center Hospital Medan. Position anatomy body be one cause for nurses have potency to use get work-related musculoskeletal disorders.

Keywords:

Factor Analysis risk, Patient handling, musculoskeletal disorder, Nurse

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1. INTRODUCTION

Destination main with he held study the of course just no free from process to identify and also analyze about disturbance musculoskeletal as well as factor possible risk obtained for nurses when they currently to do handling patient on site they work that is house sick. In case this the place they work is House Adam Malik Hajj Center Hospital Medan.

Another goal of study this is for give recommendations and improvements how resolve problem. For study this alone use method analysis descriptive quantitative with use instrument analysis form smart pls. And also the use of rapid apper limb assessment or RULA. Amount sample of nurses working at home sick at home Adam Malik Hajj Center Hospital Medan. From research the obtained some data that is part frequent body get complaint from the respondents or nurse this usually in the area of the shoulders, neck, waist and back. Besides it, deep study It is also found that data posture body when work also have significant impact to distraction.

Analysis Smart pls show that profession when to do handling patient as well as environment physique have impact form effect disturbance musculoskeletal. Temporary for variable data environment psychosocial as well as organization no have influence many. From research this got the suggestion that for resolve disturbance that, done activity move patient to the place sleep catheterization until to do control infusion to patient [5].

Destination Study

Discussing research about this musculoskeletal disorder actually already once was carried out in 2016. In journal research entitled work-related musculoskeletal disorders among female and male nursing personnel in Greece, obtained data that 84 % of respondents this once experience distraction musculoskeletal disorders [4]. And from respondent the data obtained that they once get disturbance at least once in lifetime live. Enough area often get distraction musculoskeletal disorder in nurses this Usually in the back and waist area. Namely low back pain.

In 2015, Sudayasa and colleagues also did study about biomechanical correlation method of manual material handling with low back pain. Study this to do analysis about linkages Among relationship between material manual handling and low back pain disorders. From research this obtained that there is connection tight between manual material handling and low back pain experienced by workers. There are several factor trusted risk can causing workers as well as nurses get disturbance the. Factor age, smoker activity, exercise and predicted obesity can give disturbance it, it turns out no too significant. Even no have significant relationship with disturbances in the waist and back area like low back pain.

Literature Review

Research survey about low back pain risk disorders in nurses with high workload for patient care: A questionnaire survey, done once researched by Shieh also in 2015. The results of the survey were recorded from around 567 respondents, recorded there is about 72% complained exists disturbances in the back and waist area or low back pain.

From the results research and analysis this said that the daily workers work more than 1 hour, risk for get sufficient musculoskeletal disorders high. Likewise for nurses who work in the service area more from 2 to 5 years this have risk high high for get musculoskeletal disorders. Risk for get musculoskeletal disorders, especially in the waist area and parts back of course more many aiming to nurses who have not quite enough answer Duty in treat patients. Practical Thing this can cause musculoskeletal disorders can hit the nurses.

2. METHOD

Study once conducted in journal created by [3]. On research the data obtained that recorded about 65% of the total respondents and also the sample report occurrence of musculoskeletal disorders especially low back pain. The pain you get when experience these musculoskeletal disorders based on data from the respondents as well as sample, yes overcome with To do enough rest and also significant. this way more effective for relieve these musculoskeletal disorders.

In 2015 it was also carried out a evaluation about activity handling patients who have destination To use reduce risk to musculoskeletal disorders. Evaluation this use the MAPO way. This MAPO is movement and assistance on hospital patients. Evaluation this conducted for see the influence of manual handling in risk the.

Results of the evaluation process the get that data there is 3 units entered category red and also 6 units in to in category yellow. Temporary 4 units enter to in category green. Minor aids factor display sufficient data bad . Because no there is tool help what you can worn for Fulfill needs activity in patient handling matters. MAPO technique of course be one choice in research. one ever researcher [1]. Research conducted is handling patient manually by nurses house sick. Research results the taken sample age work from each nurse. And got that symptom musculoskeletal this already happened and felt by the respondents since 12 months last. MAPO 's assessment get that data recorded there is about 83.5% of individuals who have risk get musculoskeletal disorders.

Analysis from statistical data displays that the tenure and also the ratio nurse to type gender, work shift and place sleep as well as score from this MAPO associated with msd value. A research about symptom related musculoskeletal tight with student activities nursing too conducted by [5]. On research this taken sample from respondent around 348 students. And recorded that about 84% of respondents is woman with the average age is about 24.6 years. While 143 symptoms of MSD musculoskeletal disorders, namely 91 or about 64% of respondents complained exists significant impact to activity physique them. And from these data, sufficient activity take effect to impact of these musculoskeletal disorders is when use transportation and long sitting.

Ratio reporting exists symptom namely 1.8 in the 2nd year and also 4.7 in the 3rd year. Prevalence symptoms of this musculoskeletal disorder enough high among student nursing and also far away more tall again on students who are in year last. However disturbance this no impact big. These musculoskeletal disorders only resulted inconveniences just. Enough impact big occurs in activity physique general student.

Other studies too conducted in 2013. Sadeghian researching about possible factor just occur from side psychological. Factor this can increase risk of musculoskeletal disorders to nurses. From research data the say that the data is 61 nurses namely 25% of respondents say that they lift burden heavy use hand with a load average about 25 kgs. The prevalence of LBP at early 12 months was reported there is about

145 of the 246 nurses who entered to in sample respondent namely 58.9%. And recorded 27 or 18.6% of 145 respondents state disability. And the prevalence of LBP in nurses is 45.7% or 100 respondents of 219 nurses, reported exists physical disability them.

Study another was also performed by Choi and Brings in 2013. They To do research or study about risk musculoskeletal disorders to nurses and assistants nurse. Result of study the displays evidence and data regarding risk from disturbance related musculoskeletal tight with profession nurse as well as assistant nurse in handle patient. Musculoskeletal disorders are also included injury light like sprains and also tendons or tight, sore muscles part lower back, section sore knees and shoulders until injured in parts wrist hands.

On research the state that risk WMSD will be increase when nurses and assistants nurse to do manual activities when lifting and moving patient. Especially if the nurses must move and lift experienced patients obesity or advantages weight. Anatomy area or part enough body susceptible for experience musculoskeletal disorders in the back area part bottom, shoulders and neck. Predisposition factor risk that is position no work in accordance when perform manual patient handling. And demands tight physique from profession nurses and health status as well as condition from fitness physique them. Like condition physique obesity and also less fit. There are a number research publications about effectiveness of the intervention strategy used for push symptoms of musculoskeletal disorders in between nurse and assistant nurse. Research mentioned the conducted [5].

3. RESULTS AND DISCUSSION

Based on results from study on the basis of a questionnaire of the respondents, there are some data that is muscle frequent skeletal frame Becomes complaint from the nurses this as following:

- a. back.
- b. waist.
- c. Neck part top.
- d. Neck part down.
- e. Next shoulder right.
- f. Next shoulder left

The nurses mentioned complaint the this is usually caused by posture less than ideal and enough work bad. So that causing pain and also pain in the parts body the. And frequent work performed by registered nurses potency for get distraction these, are:

- a. Check pressure blood.
- b. Mobilization patient use the place sleep
- c. Help tilt patient.
- d. Nurse wound.
- e. Install equipment like Electro Cardiograph.
- f. Mobilization use chair wheel
- g. Catheterization or Toileting.

The nurses stated that experience complaint aches and pains in the skeletal area another motion only is at figure 20% to down. Body parts like neck part top, wrist hand as well as in the second shoulder as well thigh is an adequate area of the body susceptible get aches and pains the. Physiotherapist Greek origin says that this work-related musculoskeletal disorder often considered as normal pain just. Although data and also notes report as well as he complained Keep going increase every year. However no considered as a dangerous disease.

For frequent areas of the body caught disturbance this musculoskeletal disorder usually on the back part bottom and also in the section top. Then around both the shoulder area and also the neck. Continuous pain in the parts the of course just have quite a substantial impact on nurses and assistants nurse. Temporary results analysis posture work, found that there is a number of supportive posture for get painful this musculoskeletal disorder. Postures like when lift patient with how to manual handling, then pushing the bed and also pulling it until push chair wheel as well as injection, have potency for it. posture this be in position potential first accept disturbance musculoskeletal disorders. Whereas posture potential work but no too tall is profession install infusion, lock wheels on the chair wheel until profession

profession catheterization or toileting. Work this of course have potency get disturbance musculoskeletal disorders. However given risk still in category low.

4. CONCLUSION

From research this obtained that factor profession be one the potential to cause work related musculoskeletal disorders to nurses and assistants nurse at home Adam Malik Hajj Center Hospital Medan. Position anatomy body be one cause for nurses have potency to use get work-related musculoskeletal disorders. From several study is, obtained that these work-related musculoskeletal disorders based on performance of nurses and assistants nurse as well as habit they to do work in the environment house sick. Study this can be one base analysis factor patient handling risks to musculoskeletal disorders in care givers at home Adam Malik Medan Hajj Center Hospital in 2022.

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