

**Ergonomic Intervention for Injury Prevention in Healthcare Personnel:
A Systematic Review**

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Objectives:

1. Recognize the magnitude of work-related injury in healthcare and the need for intervention in this area
2. Discuss 2 ergonomic interventions within the scope of OT practice that can improve work-related injury
3. Recall 2 common themes that have emerged based on current literature for ergonomic intervention

Clinical Research Question:

Does ergonomic intervention prevent work-related injuries and associated outcomes for healthcare personnel engaged in patient-handling?

Methods:

Databases: PubMed, CINAHL, and Cochrane Library

Search Terms: Developed keywords based on individual components of research question*

Critique Method: Dual-rater system was used to ensure minimization of rater bias

- Determined quality using Law & MacDermid’s Evaluation of Study Design Form

Search Results: Initial search with removal of duplicates yielded 184

- Articles were screened, first through title and abstract, next through full text**
- Final number of eligible articles included: N=16

Results:

Article Characteristics: Level of Evidence		
Level of Evidence	Description	N=16
I	Randomized control trials	5
II	Two groups, nonrandomized	1
III	Pre-post design	9
IV	Focus group/interview/survey	1
V	Case reports/expert opinions	0

Article Characteristics: Population	
Healthcare Personnel (Participants)	N=16
Nurse (Student, CNA, LPN, RN, NP)	10
Healthcare workers (not specified)	3
Mixed populations: <ol style="list-style-type: none"> 1. Healthcare workers, nurses, nurses aides 2. Nurses, OT, PT, RT, operating room technicians, paramedic, unit supporter 3. Healthcare technicians, nursing students, nurse managers, LPNs 	3

Themes:

1. Education, in combination with hands-on training, is effective in preventing work-related injury and associated outcomes
 - There is strong evidence to support education in conjunction with hands-on training, to reduce:
 - (1) Occurrence of work-related injury, (2) pain levels, (3) associated costs
 - Training should be provided along with educational materials to ensure effectiveness
 - Education: principles of anatomy, biomechanics, transfer techniques, classroom, handouts
 - Training: workstation redesign, lift technique practice, role playing, postural practice training
2. Patient-handling equipment is often utilized to prevent work-related injury and associated outcomes
 - There is moderate evidence to support the use of patient-handling equipment to reduce:
 - (1) Occurrence of work-related injury, (2) pain levels, (3) associated costs
 - Patient-handling equipment appears to be more effective when multiple approaches are used:
 - Administrative buy-in and policy implementation
 - Proper maintenance and availability of equipment
 - Staff training and peer coaching on proper equipment use

3. Physical exercise, combined with transfer training, is effective in reducing work-related injury and associated outcomes
 - There is strong evidence to support the use of physical fitness, in combination with transfer training, to reduce:
 - (1) Pain levels
 - Physical fitness alone is not effective
 - Should be used in combination with specific transfer technique training to be effective in reducing pain levels

*Full search term list is available upon request

**Full inclusion/exclusion criteria list available upon request



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