

## Marlene Murty

MSc BA RMN CMIOSH

**Marleen Murty** : Marlene qualified as a Nurse in 1985, becoming a part-time moving & handling trainer with the advent of the Manual Handling Regulations in 1992. She has worked full-time in Manual Handling & Human Movement Facilitation for the last 13 years. Positions held include Moving & Handling Advisor for Greater Glasgow Community & Mental Health Services NHS Trust and her current post as Senior Moving & Handling Advisor, NHS Ayrshire & Arran.



Marlene has qualifications and an interest in the Neuromuscular Approach to Human Movement, Personal Development & Training and Health & Safety Management. She is a chartered member of the Institution of Occupational Safety & Health and a committee member of the Scottish Healthcare Group. Marlene recently completed her studies for a Master of Science in Health Ergonomics at the University of Surrey.

## Musculoskeletal Disorders in Endoscopy Nursing Staff

There is anecdotal evidence of musculoskeletal disorders in endoscopy nursing. A literature search revealed only one small scale cross-sectional study, concluding that dedicated endoscopy nurses had a higher prevalence of "upper extremity" disorders. There was a need to investigate further. The investigation took place in the Endoscopy Departments of 2 large Hospitals.

### Methods.

A random sample (12 nurses) was interviewed and transcripts analysed using grounded theory methodology. Tasks discussed with particular relevance during the interviews were then observed. A Quick Exposure Check (QEC) was recorded for each observation and subsequently rated for exposure. There were 24 completed checklists for 14 nurses at work.

### Results.

Nurses felt that the demands on their musculoskeletal system were not greater than that of other areas of nursing; they felt that the demands were different. These demands were discussed and QEC ratings supported the nurses' perception of tasks that exposed them to higher levels of risk factors. The part of the body linked to the highest exposure levels was the neck, followed by the back. These exposure levels would not lead directly to musculoskeletal disorders, there were mediating factors that would affect the outcome.

### Conclusions.

There is role conflict created by the very different demands of endoscopy nursing compared to perceptions of the traditional nurses' role. Nurses in this area are exposed to risk factors for disorders of the upper extremities, but not exclusively and more study is required. Nurse Endoscopists appear to be at particular risk related to duration of exposure, this also requires further investigation. Interventions should be identified through a participatory approach. These interventions should focus on the mediating factors outlined. There is a vital role for Ergonomists in design of equipment used in the procedures observed.