

ENHANCING WELL-BEING: PROPOSED ERGONOMIC INTERVENTION FOR NURSING ASSISTANTS MANAGING MUSCULOSKELETAL COMPLAINTS IN NURSING CARE FACILITIES IN NY

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ABSTRACT

Nursing assistants are indispensable members who provide direct care across various healthcare settings and highly exposed to the occurrence of musculoskeletal disorders. Ergonomics plays a critical role as a preventive measure before complaints emerge. The descriptive-developmental study investigated disputes that lead to musculoskeletal complaints among nursing assistants in nursing care facilities in New York. It analyzed data collected using a researcher-developed questionnaire incorporated with elements of the Nordic Musculoskeletal Questionnaire. Based on the findings, the primary musculoskeletal complaint across facilities was low back, followed by knee and shoulder issues. These problems stemmed from various factors, including manual handling, awkward body positions, prolonged standing or walking, and inadequate workplace ergonomics. Consequently, the study proposed ergonomic interventions tailored to the specific needs of nursing assistants in nursing care facilities to prevent long-term complications. This highlighted the necessity for enhanced ergonomic design, the implementation of assistive equipment, and the establishment of comprehensive policies and training programs aimed at addressing health concerns that may negatively influence patient care.

Keywords: nursing assistants, musculoskeletal complaints, nursing care facility, ergonomics, ergonomic intervention program