

Work-Related Musculoskeletal Disorders Adversely Impact GI Unit Productivity

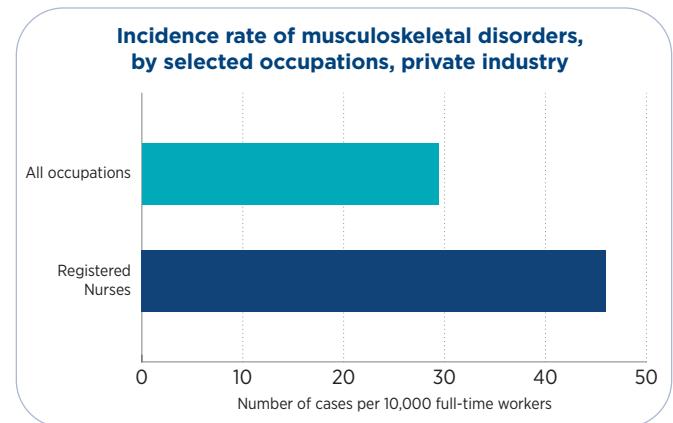
Good Ergonomics is Good Economics!

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Many GI endoscopists and nurses suffer work-related musculoskeletal injuries which decrease their ability to care for patients. This adversely impacts GI unit productivity and leads to lost work time, at best, and lost careers at worst. Using best ergonomic practices is an inexpensive and effective way to prevent these injuries.

Musculoskeletal Disorders (MSD) Adversely Impact Productivity for GI Doctors and Nurses and Technicians.

- 58% of endoscopists, 75% of interventional endoscopists suffer an MSD
- 13% with MSD take time off practice
- U.S. will have 15% fewer GIs than needed by 2025
- Nurses missed 8,730 workdays from MSD in 2016
- MSD more likely in older workers, and we have an aging workforce
- MSD increase healthcare costs
- MSD can be decreased/eliminated with proper ergonomic precautions



Note: Data are available only for cases involving days away from work.
Source: Michelle A. Dressner and Samuel P. Kissinger, "Occupational injuries and illnesses among registered nurses," *Monthly Labor Review*, U.S. Bureau of Labor Statistics, November 2018

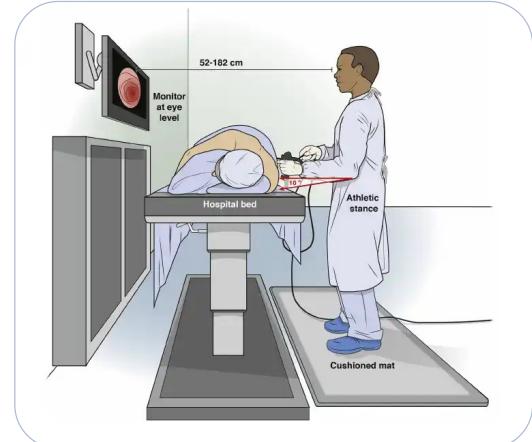
Best Ergonomic Practices to Reduce or Eliminate MSD in Doctors, Nurses, and Technicians

Room Set Up

- Adjustable height monitors with padded edges
- Adjustable height beds/gurneys
- Anti-fatigue floor mats
- Consider abdominal binder in obese patients
- Adequate room and door sizes
- Select, install, and maintain safe patient handling and mobility technology that meets ergonomics standards

Leadership Practices

- Establish a culture of safety
- Implement and sustain a safe patient handling and mobility program
- Provide ergonomic education regularly
- Create staffing schedules which allow for adequate musculoskeletal recovery
- Post and use an ergonomic checklist prior to procedures



Source: Reused with permission from *Clin Gastroenterol Hepatol*. 2018 Jul;16(7):1003-1006 and the authors who were U.S. government employees.



The Business Case for Good Ergonomics
Source: Table 3, Chapter 11, Ergonomics for Endoscopy: Optimal Preparation, Performance, and Recovery, ed. Avi Ketwaroo, MD; Kalpesh Patel, MD; Amandeep Shergill, MD

References and Links

- Society of Gastroenterology Nurses and Associates Guideline on Safety in the Gastroenterology setting. Adopted by SGNA Board of Directors, January 2021.
- Michelle A. Dressner and Samuel P. Kissinger, "Occupational injuries and illnesses among registered nurses," *Monthly Labor Review*, U.S. Bureau of Labor Statistics, November 2018, doi.org/10.21916/mlr.2018.27
- Pawa S. ASGE guidelines on the role of ergonomics for prevention of endoscopy-related injury: summary and recommendations. *Gastrointest Endosc* 2023;98(4): 482-512.

