

ABSTRACT

INTENSITY AND LOCATION OF MUSCULOSKELETAL DISORDERS (MSDS) AMONG NURSES IN EMERGENCY ROOM OF PROF. DR. MARGONO SOEKARJO HOSPITAL

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Background: Emergency room nurses face a variety of strenuous work activities and rapid interventions increasing a risk for musculoskeletal disorders. Musculoskeletal complaints can worsen if the work attitude is not ergonomic or not by the body's natural posture.

Research Aim: To describe the intensity and location of musculoskeletal disorders (MSDs) among nurses in emergency room of Prof. Dr. Margono Soekarjo hospital.

Methodology: This study used a descriptive quantitative design with a cross-sectional approach. Respondents in this study were 31 emergency room nurses at Prof. Dr. Margono Soekarjo Hospital selected by using the total sampling technique. This study used Nordic Body Map (NBM) and Quick Exposure Check (QEC) to assess musculoskeletal disorders, and data was analyzed using univariate analysis method.

Result: Based on individual characteristics, the results of this study state that the respondents were male (61.30%), the age range of respondents was 25-35 years (70.97%), the BMI of respondents were normal (35.49%), the respondents have the last level of education Diploma 3 (61.30%), and were married (83.87%). Based on job characteristics, the results of this study state that respondents work duration were ≥ 7 hours (100%), have a work period of > 5 years (51.61%), and as many as 15 respondents (48.39%) work over time. This study found that respondents suffered mild pain (83.87%). Based on QEC, in the low category the most is in the wrist/hand (38.71%), in the moderate category the most is in the shoulder/arm (32.25%), in the high category the most is in the neck (38.70%), and in the very high category the most is in the neck (16.10%).

Conclusion: There are musculoskeletal complaints in the mild pain category and need efforts and prevention of this complaint.

Keyword: Emergency Room; Nurse; Pain, Musculoskeletal Disorders

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