



Ergonomic assessment of ICU nursing technicians at a public hospital

*Rafael Guimarães Tavares¹, Larissa de S. C. da Silva¹, Gabriella Borges Ribeiro da Silva²,
Joyce Souza dos Santos Franco², Elizabeth Viana Soares³, Julia Azevedo Monteiro⁴*

(1) PROVIC Scientific Initiation Student - Physiotherapy Course; (2) Undergraduate Student Physiotherapy ISECENSA (3) Collaborating Researcher - Researcher at the Neuromusculoskeletal Research Laboratory – LAFIME/ISECENSA; (4) Advisor Researcher - Ergonomist and Teacher / ISECENSA - Physiotherapy Course - Higher Education Institutes of CENSA - ISECENSA, Rua Salvador Correa, 139, Centro, Campos dos Goytacazes, RJ, Brazil

Ergonomics is an interdisciplinary science that aims to understand and analyze the interrelationships linked to man and his work environment. According to the functions performed by nursing professionals, the occurrence of occupational diseases can occur frequently, promoting the removal from work, since professional practice requires the handling of cargo, chemical substances, in addition to the presence of jobs without ergonomics. and adequate training of professionals. The objective of the study is to describe the existing risks due to the absence of ergonomics in nursing technicians, in a trauma ICU. An observational study was carried out, a series of cases with 37 nursing technicians, of both sexes, over the age of 18, who worked in the ICU sector of Hospital Ferreira Machado in Campos dos Goytacazes / RJ, in the period of July to December 2019. The volunteers answered a semi-structured interview and later the Nordic questionnaire was applied to assess musculoskeletal pain. The sample consisted of 72.97% females with a mean age of ± 42.4 years. The analysis of the Nordic questionnaire identified that the prevalence of musculoskeletal pain in professionals appeared in 86.4% of professionals in the last 12 months. The main anatomical regions affected were the lumbar region (70.27%) and the ankles / feet region (54.05%). It is concluded that the nursing technicians had a high prevalence of musculoskeletal symptoms in the lumbar region, in the ankles, feet and upper back, and may have compromised the quality of life, as observed in the domains vitality, pain and general health.

Keywords: Nursing. Ergonomics. Quality of life of the worker.

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