



## Exploring the Factors Affecting Musculoskeletal Disorders Risk among Hospital Nurses

Murphy Tighe\*

University of Limerick, Department of Nursing and Midwifery, Health Research Institute, Limerick, Ireland

\*Corresponding author: Murphy Tighe, University of Limerick, Department of Nursing and Midwifery, Health Research Institute, Limerick, Ireland, Tel: +35362965846; E-mail: Murphy73@gmail.com

Received date: 06 July, 2021; Accepted date: 21 July, 2021; Published date: 28 July, 2021

### Editorial Note

Musculoskeletal Disorders (MSDs) area unit injuries or pain within the human system, together with the joints, ligaments, muscles, nerves, tendons, and structures that support limbs, neck and back. MSDs will arise from an explosive travail (*e.g.*, lifting an important object), or they will arise from creating identical motions repeatedly repetitive strain, or from perennial exposure to force, vibration, or awkward posture. Injuries and pain within the system caused by acute traumatic events sort of a automobile accident or fall aren't thought-about contractor disorders. MSDs will have an effect on many alternative components of the body together with higher and lower back, neck, shoulders and extremities. samples of MSDs embody carpal tunnel syndrome, inflammation, tendinitis, back pain, tension neck syndrome, and hand-arm vibration syndrome.

MSDs area unit caused by biomechanical load that is that the force that has got to be applied to try and do tasks, the period of the force applied, and therefore the frequency with that tasks area unit performed. Activities involving significant hundreds may result in acute injury, however most occupation-related MSDs area unit from motions that area unit repetitive, or from maintaining a static position. Even activities that don't need plenty of force may result in muscle harm if the activity is perennial usually enough at short intervals. MSD risk factors involve doing tasks with significant force, repetition, or maintaining a non-natural posture. Of explicit concern is that the combination of significant load with repetition. though poor posture is commonly goddamn for lower back pain, a scientific review of the literature did not notice a uniform association.

Because employees maintain identical posture over long work days and sometimes many years, even natural postures like standing will cause MSDs like low back pain. Postures that area unit less natural, like twisting of or tension within the higher body, area unit generally contributors to the event of MSDs because of the unnatural biomechanical load of those postures. There's proof that posture

contributes to MSDs of the neck, shoulder, and back. perennial motion is another risk issue for MSDs of activity origin as a result of employees will perform identical movements repeatedly over long periods of your time (*e.g.*, writing resulting in carpal tunnel syndrome, lifting significant objects resulting in herniated discs/slipped discs), which may go down the joints and muscles concerned within the motion in question. Employees doing repetitive motions at a high pace of labor with very little recovery time and employees with little to no management over the temporal order of motions (*e.g.*, employees on assembly lines) are at risk of MSDs because of the motion of their work. Force required to perform actions on the duty can even be related to higher MSD risk in employees, as a result of movements that need additional force will fatigue muscles faster which may cause injury and/or pain. to boot, exposure to vibration (experienced by truck drivers or construction employees, for example) and extreme hot or cold temperatures will have an effect on a worker's ability to evaluate force and strength, which may cause development of MSDs. Vibration exposure is additionally related to hand-arm vibration syndrome, that has symptoms of lack of blood circulation to the fingers, neurological disease, tingling, and/or symptom. Recent epidemiologic studies establish gender as a big risk considers prevalence of MSDs among employees in gender-related occupations, *e.g.*, hairdressers.

One focus of applied science principles is maintaining neutral postures, that area unit postures during which muscles area unit at their traditional length and ready to generate the foremost force, whereas reducing stress and potential injury to muscles, tendons, nerves, and bones- thus, within the geographic point or in way of life, it's ideal for muscles and joints to take care of neutral positions. To boot, to stop hand, wrist, and finger injuries, understanding once to use pinch grips and power grips is vital for workers and general tasks outside the geographic point. The selection of tools ought to match that of the correct grip and be tributary to neutral postures that are vital for employers to think about once buying instrumentality. So as to cut back injuries to the low back and spine, it's suggested to cut back weight and frequency of lifting cycles also as decreasing the space between the body and therefore the load to cut back the torsion force on the rear for employees and people doing perennial lifting to avoid fatigue failure of the spine. The form of objects being upraised ought to even be thought-about, particularly by employers, as a result of objects that area unit easier to grip, lift, and access gift less stress on the spine and back muscles than objects that area unit awkwardly formed and troublesome to access.

The results of this study will function a reference for nursing administration managers and decision-makers for reducing contractor discomfort among nurses and thereby achieving superior quality in clinical care.

*Citation:* Murphy Tighe (2021) Exploring the Factors Affecting Musculoskeletal Disorders Risk among Hospital Nurses. J Ergon Res 4:4.