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Effectiveness of a multidimensional intervention program in improving occupational musculoskeletal disorders among intensive care unit nurses: a cluster-controlled trial with follow-up at 3 and 6 months

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Intensive care unit (ICU) nurses are at high risk for work-related musculoskeletal disorders (WRMDs). Intervention programs have previously been developed to reduce WRMDs, but different intervention methods need to be adopted for different groups of people. This study was designed as a two-armed cluster-controlled trial. The clusters were independent hospital ICUs, and the participants consisted of registered nurses in China. By cluster random sampling, 89 nurses from two ICUs were assigned to the intervention group, and 101 nurses from two other ICUs were assigned to the control group. A multidimensional intervention program based on previous studies was designed. This program combined improving risk perception, health behavior training, and promoting a safe working environment. The multidimensional intervention program was implemented in the intervention group, whereas routine specialist training was implemented in the control group. Baseline and follow-up (3 and 6 months) data were collected using self-reported online questionnaires. A total of 190 nurses provided three recorded outcome measurements. After 6 months, the intervention group experienced significant improvement relative to the control group in the report rate of WRMDs in the past 7 days (OR = 1.953, $p = 0.037$), risk perception (OR = 0.517, $p < 0.001$), application of health behavior (OR = 0.025, $p < 0.001$), and perception of a safe working environment (OR = 1.637, $p = 0.024$). The multidimensional intervention program was superior to routine specialist training in preventing the occurrence of WRMDs in ICU nurses.

Biography

Shuai Yang has completed her PhD in 2019 from Xiang Ya Nursing School, Central South University and now working at the School of Nursing, Jinan University. She has published more than 5 papers in reputed journals and has reviewed for two journals.

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