

ABSTRACT

Handling activities tend to raise a risk of musculoskeletal disorders or MSDs when it implement with wrong method. One of handling activities which have a high risk of MSDs is nursing activity. The observation showed that patient handling in the process of move patient from bed to bed, bed to wheelchair or vice versa is done manually.

This study aims to assess the risk of MSDs among nurses in different wards on Muhammadiyah hospital by means of MAPO (Movement and Assistance of Hospital Patient) method. The study was conducted in 13 sections of Muhammadiyah subspecialty hospital including 111 wards. Exposed nursing staff (N=30) were asked to report MSDs experiences in the past one year. Our results indicated that 3 units are on the red category, 6 units are on the yellow category, and 4 units come on green category. These categories show the magnitude of risk arising from the manual patient handling activity with an explanation of the factors that influence it and how solutions should be carried out on each category.

Lifting factor is one component in the calculation of MAPO Index. This factor indicates the high level of patient handling activity. However minor factor aids showed very bad results, because almost no tools are used to support the needs of patient handling. We can conclude this activity raises the risk of MSDs for nurses. The other factors such environmental about 27%, training factor 35% and also wheelchair factor 43% need to meet the best requirement to perform the proper handling activity on every ward. It is therefore necessary to implement an ergonomic program in order to modify the observed baneful condition as soon as possible.

Keywords— manual handling, patient handling, MAPO Index, movement and assistance of hospital patient, musculoskeletal disorders