

POSTER PRESENTATION PP26

Prevalence of Musculoskeletal Disorders and Associated Ergonomic Risk Factors Among Healthcare Workers in Hospital Saratok

Kamaruddin Bin Wasli

Physiotherapy Unit, Hospital Sri Aman, Sarawak, Malaysia

ABSTRACT

Background and Objectives: Musculoskeletal disorders (MSDs) are prevalent among healthcare workers due to ergonomic risk factors. The lack of structured ergonomic risk assessment limits the effectiveness of current interventions. This study aimed to assess the prevalence and severity of MSDs, identify ergonomic risk factors, and determine their relationship among healthcare workers in Hospital Saratok. **Methods:** A mixed-methods cross-sectional study was conducted among 144 healthcare workers. MSD prevalence and severity were assessed using the Cornell Musculoskeletal Discomfort Questionnaire (CMDQ). Ergonomic risk factors were evaluated using the Initial Ergonomic Risk Assessment (ERA) guideline. Pareto analysis identified high-risk departments, and Spearman's correlation was used to assess relationships between risk factors and MSD severity. **Results:** Lower back (68 cases), neck (24 cases), and right shoulder (14 cases) were the most affected body regions. Most participants had minimal-to-mild discomfort, with 10% reporting moderate-to-severe discomfort. Awkward posture was significantly associated with MSD severity (Spearman's $\rho = 0.353$, $p = 0.005$). **Conclusion:** This study supports physiotherapy-led workplace health initiatives by identifying high-risk departments and ergonomic risk factors to guide ergonomic education, therapeutic exercise programmes, and early preventive interventions.

Keywords: Musculoskeletal Disorders; Ergonomic Risk Factors; Workplace Ergonomics

Corresponding Author:

Kamaruddin Bin Wasli

Email: kamaruddin.w@moh.gov.my