


<b>Name of Policy:</b>	<u>Avoidance of Musculoskeletal Disorders (MSD)</u>	 <b>THE UNIVERSITY OF TOLEDO MEDICAL CENTER</b>  <b>Effective Date:</b> 3/2022 <b>Initial Effective Date:</b> 10/21/2010
<b>Policy Number:</b>	3364-106-E15	
<b>Department:</b>	Heart Station	
<b>Approving Officer:</b>	Chief Operating Officer - UTMC	
<b>Responsible Agent:</b>	Director Cardiovascular Services	
<b>Scope:</b>	University of Toledo Medical Center Heart Station	
<input type="checkbox"/> New policy proposal <input type="checkbox"/> Minor/technical revision of existing policy <input type="checkbox"/> Major revision of existing policy <input checked="" type="checkbox"/> Reaffirmation of existing policy		

### (A) Policy Statement

The ultrasound technologists are at risk for developing work-related musculoskeletal disorders such as inflammation of the tendons, bursitis, muscle strains, and pathology of the nerves in the upper extremities, neck and back. The National Institute of Occupational Safety and Health recommends appropriate engineering controls, work practices, hazard communication, and training to prevent these work-related musculoskeletal disorders.

### (B) Purpose of Policy

Musculoskeletal Disorders are a range of conditions caused by the repetitive, forceful and awkward movements that cause injury to muscle, tendons, and ligaments. Practices should be followed by the Echo department to protect the staff from these injuries. This requires joint team-work with the administration and the technologists.

### (C) Procedure

1. **Equipment Controls**-When purchasing new equipment ergonomic features are to be considered but not limited to. As recommended by SDMS: Equipment should be fully adjustable and controls easily accessible. Equipment should allow sitting or standing position. Transducers should be lightweight and balanced with cables that are suitable in length.
2. **Patient Cart**-Height adjustable carts, low enough to allow patients to get on and off easily without assistance. Adjustable to accommodate scanning in sitting or standing position. Adjustable cart for easily mobility which includes reverse trendelenberg.
3. **Chairs**-Height adjustable chairs that swivels to allow user to rotate from patient to the ultrasound system. Adjustable lumbar support with footrest.
4. **Administrative Control Measures**- Provide education on risks and prevention of MSD. Assess implement controls for prevention/reduction of MSD. Purchase ergonomic friendly equipment. Maintain all equipment is in good working order.
5. **Workload and Scheduling**- Users should have an input on established protocols. Provide rest breaks between exams. Minimize portable/bedside exams.
6. **Examination Area**- Adequate space should be provided for maneuverability of equipment. Adjustable lighting. All imaging supplies stored in the examination area for easy access.
7. **Professional Control Measures / Technologists preventive practices**- Minimize sustained bending, twisting, reaching, lifting, pressure, and awkward postures. Alternate sitting and standing. Adjust all equipment to user's size. Use measures to reduce arm abduction and forward and backward reach. Instruct the patient to move as close as possible to you and adjust the cart and your chair. Relax muscles periodically throughout the day. Stretch hands, wrists, shoulder muscles and spine. Refocus eyes onto distant objects. Use correct body mechanics when moving patients, wheelchairs, beds, stretchers and equipment. Report and document any persistent pain to employer and seek medical attention.

<p><b>Approved by:</b></p> <p><u>/s/</u> <u>03/16/2022</u>        Todd Korzec        Director Cardiovascular Services        Date</p> <p><u>/s/</u> <u>03/16/2022</u>        Samer J. Khouri, MD        Director, Non-invasive Cardiac Imaging        Date</p> <p><u>/s/</u> <u>03/16/2022</u>        Christine Stesney-Ridenour, FACHE        Chief Operating Officer- UTMC        Date</p> <p><i>Review/Revision Completed By: Todd Korzec        Heart Station</i></p>	<p><b>Review/Revision Date:</b>        10/21/2010        5/28/2012        6/2013        3/2016        3/2019        3/2022</p>
	<p><b>Next Review Date:</b> 3/2025</p>
<p><b>Policies Superseded by This Policy:</b></p>	