

## **Abstract:**

### **Title:**

Differentiation of work-related musculoskeletal disorders among nurses in inpatient and outpatient care units

### **Objectives:**

The aim of this study was to determine a prevalence of work-related musculoskeletal disorders among nurses and compare localization of disorders among inpatient and outpatient care units nurses. Another goal of the study was to find a connection between WRMDs and occurring common factors.

### **Methods:**

There was a questionnaire made to conduct this study. It was based on standardised Nordic musculoskeletal questionnaire (NMQ) and sent in both printed and electronic form to various healthcare facilities. The research group consisted of 146 respondents, mostly women, that work as a nurse. Results were processed from obtained data and the conclusions were determined.

### **Results:**

In the last 12 months, 87 % of nurses suffered from work-related musculoskeletal disorders in at least one area of their body. The most commonly affected area was lower back and neck, both regions approximately 65 %. The biggest difference between nurses working in inpatient and outpatient care units was hand and wrist, where the results showed three times percentage of MS disorder occurrence in the first group. Another difference was in lower back area, approximately 20 % less outpatient care units nurses experienced low back pain than the hospital nurses. The results also showed 20 % higher WRMDs occurrence among nurses experiencing negative psychosocial factors at work.

### **Key words:**

Nurse, musculoskeletal disorders, WRMDs, psychosocial factors, outpatient care unit, inpatient care unit