



Service Priorities and Programmes Electronic Presentations

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Understand the Needs of our NEATS Colleagues through Occupational Health Surveillance Program

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Introduction

With high physical job demand and aging work force, Non-Emergency Ambulance Transfer Service (NEATS) is one of the high risk units in work-related injury. Occupational Health Surveillance Program was launched in HKWC to review the health status and musculoskeletal complaint (MSC) of our NEATS colleagues.

Objectives

Review of the initial results of the Occupational Health Surveillance Program

Methodology

All NEATS colleagues in HKWC were recruited in this program in 3Q 2015. The program included: i. Clinical assessment and face to face interview ii. Modified Nordic musculoskeletal questionnaire iii. Handgrip strength test iv. On-site Work and Seating Assessment v. Focused group meeting

Result

61 male subjects, mean age 45.6 years (20-59 years); career length in NEATS for 10 years or above: 41% Average handgrip strength (sum of both left and right hands): 76.3 kgf, i.e., similar to the passing standard for men in The Hong Kong Police Recruitment. 98% reported MSC in the preceding year, which was higher than any of the other studies. The hidden impact of psychosocial element may need further investigation. 74% reported musculoskeletal aches might affect work. MSC at low back: 64%, neck: 61%, shoulder: 57%, and knee: 44%; compatible with the unique job demand in frequent lifting, squatting, pushing and pulling. 49% seek medical treatment in HA clinics in the preceding year due to MSC, while others were managed by general practitioners, bone setters, or self-medicated. 72% had Body Mass Index of 23 or above (overweight or obese). 57% did not do any stretching exercise; 39% reported very infrequent exercises. Incorporating the data with on-site assessment, more in-depth understanding on the practical issues was

obtained. To follow the participatory ergonomic approach, both management and frontline colleagues were invited in the program so as to maximize the compliance and identify practical intervention strategies. Several ergonomic enhancements were identified, such as the work practice, seating, equipment design, manual handling operation and personal health. Summary: The high prevalence of MSC among NEATS colleagues indicates high risk for musculoskeletal injury. With the support from cluster OSH&E and the top management, various management strategies have been formulated: 1) Education; 2) Ergonomic enhancement - working environments, work practice and equipment; 3) Prevention - workplace exercise and life style adjustment; 4) Follow up evaluation. The occupational health surveillance program serves as a useful guide for prevention of occupational risk.