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Submitting author: Dr Y Y YUNG

Post title: Resident Specialist, United Christian Hospital

Prevalence and Characteristics of Staff Attending a Hospital Authority Staff Clinic for Lateral Epicondylitis (Tennis Elbow)

Yung YY, Yau LM, Wong TK, Chao DVK

Department of Family Medicine and Primary Health Care, United Christian Hospital, Kowloon East Cluster, Hospital Authority, Hong Kong

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Introduction

Lateral epicondylitis or tennis elbow, (TE) is one of the commonest overuse injury encountered in health care workers (HCW), which may cause debilitation to the HCW as well as loss of manpower. Risk factors of TE include repetitive forceful movement of fingers, wrist and forearm. Apart from clinical management of the acute symptoms, preventive measures are also important since the main cause of TE is overuse.

Objectives

To investigate the prevalence and characteristics of staff attending Hospital Authority (HA) Staff Clinic of United Christian Hospital for TE from 1st November 2014 to 31st October 2016.

Methodology

It is a retrospective cross-sectional study by consultation record review in the Clinical Management System (CMS) with the sample identified using International Classification for Primary Care Coding in the Hospital Authority Family Medicine Module.

Result

-During the period of 1st November 2014 to 31st October 2016, 106 current HA staffs attended Staff Clinic with the diagnosis TE, contributing to 153 consultations in total, which is about 3% of all musculoskeletal disorders.

-77% were female.

-93% was 41-