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Knowledge attitudes and practices related to hospital ergonomics among nurses working in four selected hospitals in Colombo District

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Objectives: To assess the levels of knowledge, favorable attitudes and desirable practices related to work ergonomics among nurses in four selected hospitals in Colombo district.

Methods: A cross sectional survey was conducted in four selected hospitals in Colombo district using pretested, self-administered questionnaire among 862 female nurses to ascertain data related to work ergonomics. Sample was randomly selected according to nurses' ratio in each hospital. Data were analyzed with descriptive statistics using SPSS statistical software (version 16). Knowledge levels were calculated using standard criteria. Favorable attitudes and desirable practices were determined based on the mean scores.

Results: Response rate was 70% (n=603) and mean age of the nurses was 34.6(+SD=8.3). Only 4.4% had university degrees. The overall knowledge of the nurses (46.6%) on work related ergonomic was moderate, and the proportion of nurses who had good knowledge on work ergonomics was 0 (0%). The majority of the nurses had unfavourable attitudes towards work ergonomics. Among fourteen statements that reflect attitudes, only four statements were marked in favour of work ergonomics. Nurses marked their practices in frequencies. Of the 12 statements related to nursing activities attributed to work ergonomics, majority of participants carried out undesirable practices in seven and desirable practices in five.

Conclusions: Knowledge, attitudes and practices were not favourable to hospital work ergonomics in the study population. Since hospital work ergonomics is one of the major determinant of work related health problems and occupational health, steps should be taken to improve knowledge, attitudes and practices related to work ergonomics among nurses.

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An intervention to change knowledge attitudes and practices on work ergonomics among nurses in two selected teaching hospitals in Colombo

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Objectives: To test the effectiveness of and educational intervention to improve knowledge, attitudes and practices among nurses on work ergonomics.

Methods: Two groups of nurses from two selected teaching hospitals in Colombo (study group 30 and control group 30) were selected for an experimental study following an eligibility test. Only study group received comprehensive study pregame for two days' which was conducted by a multi-disciplinary expert team. Both groups were pretested with self-administered questionnaire on work ergonomics. Post-test was carried out using the same questionnaire after three months of the educational intervention. Independent sample t-test and paired T-test were used to check the differences within and between the groups

Results: Drop rate was 30% in the study group and 16.6% in the control group at the post test. There was a significant difference of knowledge (p<0.001) and attitudes (p<0.001) in the study group compared to the control group. However, there was no significant difference in practices between study and control groups (p=0.416). There was a significant difference in mean scores of knowledge, attitude and practices (p<0.001) within the study group at the post test. Contrastingly, there were no significant changes in mean scores of knowledge (p=0.097), attitudes (p=0.683) and practices (p=0.169) within the control group.