ERGONOMIC WORKING CONDITIONS FOR THE NURSING WORKERS OF INTENSIVE CARE UNIT: GUIDELINES ON ADEQUATE POSTURES

OBJECTIVES: to describe the activities performed by nursing workers along with critical patients in Intensive Care Unit, identify ergonomic conditions in the employment of Intensive Care and discuss on better working conditions by means of the adaptation of the human being to his job, seeking integrity, safety, life quality, and health of these workers. Method: It is a descriptive and exploratory study, with a qualitative approach. The population is composed of the nursing technicians of the Intensive Care Unit. The data will be collected through field observation, images and semi-structured interview. For the analysis of the data, we will use the analysis of content and images. The research project was submitted to the CEP/UFF, with CAAE Nº 04769012.0.0000.5243. Expected results: there will be development of DVD with the proper postures for the work of nursing in Intensive Care seeking the improvement of postures held by nursing workers, in order to minimize the injuries to the spine of these professionals. Descriptors: Human Engineering; Work Environment; Working Conditions; Nursing.

RESULTADOS ESPERADOS: desenvolvimento de DVD com as posturas adequadas para o trabalho de enfermagem na Terapia Intensiva buscando a melhoria das posturas realizadas pelos trabalhadores de enfermagem, a fim de minimizar os agravos a coluna vertebral desses profissionais. Descriptores: Human Engineering; Work Environment; Working Conditions; Nursing.

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INTRODUCTION

The current reality of working conditions added to the health difficulties such as lack of material and human resources, the psychological burden, resulting from the fact of living close to death, pain and suffering makes that the nursing staff in their profession performance maintain a process of constant adaptation to its job environment. Based on the concern of producing better working conditions, the Ergonomics became fundamental to reduce the inadequate conditions of employments, and furthermore to ensure satisfaction and safety to the workers in relation to the workplace, the task and the environment.

For that this work can be effectively executed, it is necessary to make modifications and / or adaptations to the work environment so that the task is properly performed. Given such context, in the search for better work conditions, it emerges the Ergonomics.

The Ergonomics (or human factors) is a scientific discipline concerned with the understanding of interactions among human beings and other elements or systems, and to the application of theories, principles, data and methods to projects in order to optimize the human welfare and the global performance of system.¹ ¹² ¹³

The Ergonomics in large companies of the country (Brazil) and the world is becoming essential in preventing accidents, work-related diseases and in reducing the rate of absenteeism, thus promoting an improvement in the worker’s health and increase of productivity.

In Brazil, ergonomics has been gaining importance due to the demands from the Regulatory Norm of the Brazilian Ministry of Labour and Employment, the NR 17. The Requests of this norm are related to the furniture of employments, which should be appropriate to the characteristics related to the nature and requirement of the task.

The concern with the introduction of workers in their employments has been encouraging some researchers in occupational health to study and check how one occupation can cause diseases. In the intensive care setting, for example, the intense pace of work exposes workers to biological risks, physical, chemical, psychosocial and mainly to ergonomics’ dangers.

The introduction of Ergonomics in the Intensive Care setting becomes paramount for an improved professional practice as it reflects the investment of the institution in preventing diseases that could affect the workers’ health, in order to minimize the absenteeism and the job rotation by work-related diseases, bringing such as differential a better understanding of occupational hazards and recommendations to minimize them.

Aiming to reduce the illness of nursing workers, one study was conducted in the hospital environment and it has evaluated the muscle-skeletal ergonomic risks to which the nursing team is exposed. That study showed that among the studied risks, the labor organization, the factors related to the environment and the overload in the body segments were the main causes of removal, leaves, and disability retirements among the nursing workers.²

The Ergonomics comes with the proposal to transform the work to increase its efficiency and production. This transformation is not based only on the worker, but actually, in the system as a whole, including techniques and management. Transforming the work act is needed to avoid waste of energy and intelligence. Therefore, it aims to meet the requirements of quality and reduce costs.³

Ergonomic programs that use auxiliary stuffs in handling patients have shown a significant reduction in spine problems in the nursing workers.⁴

In this sense, it is a study object of this research project to report the ergonomic conditions of nursing workers in patient care in intensive care unit.

OBJECTIVES

- Propose the improvements in ergonomic conditions of nursing workers in caring for patients in Intensive Care.
● Describe the activities performed by nursing workers along with critical patients in Intensive Care Unit.

● Identify the ergonomic conditions.

● Discuss on best working conditions in Intensive Care through the adaptation of the human being to its task, seeking integrity, safety, life quality, and health of these workers.

### METHOD

#### Study design

It is a descriptive and exploratory study, with a qualitative approach, by adopting the techniques of semi-structured interviews and field observation for data collection.

#### Study population and setting

The research will be conducted in an Intensive Care Unit of a private hospital in the city of Niterói / RJ / Brazil. The population is composed of the nursing technicians of the Intensive Care Unit who accept spontaneously to participate in the research.

#### Study Logistics

Data collection will be performed between October and December 2012, through non-participant observation with a previously structured script, use of a field journal and individual interviews with use of a semi-structured tool, where the subjects will be consulted in advance on their participation by signing the Free and Informed Consent Form (FICF). From the data collected, we will conduct the content analysis seeking to identify and characterize the reports of workers.

#### Ethical considerations

Research Project of the Master's dissertation of the Post-Graduate Program in Nursing from Escola de Enfermagem Aurora Afonso Costa, Universidade Federal Fluminense / EEAAC / UFF; It will respect the Resolution 196/96 of the Brazilian National Health Council. 5 This study was submitted to the Ethics Research Committee for approval of the ethical questions of research and got a CAAE nº 04769012.0.0000.5243.

### REFERENCES


### CONCLUSIONS OF THE RESEARCH

The skills gained from this research include the knowledge of appropriate and inappropriate postures and their consequences for the nursing workers, thus allowing the establishment of prevention mechanisms to minimize the removals with regard to the muscle-skeletal injuries.