Repetitive Stress Symptoms in Radiology: Prevalence and Response to Ergonomic Interventions

The Problem

Repetitive stress symptoms are highly prevalent among radiologists working in a PACS based environment but are responsive to ergonomic interventions

Aim/Goal

Implement ergonomic interventions to reduce the risk of repetitive stress injury in Radiology faculty and trainees.

The Team

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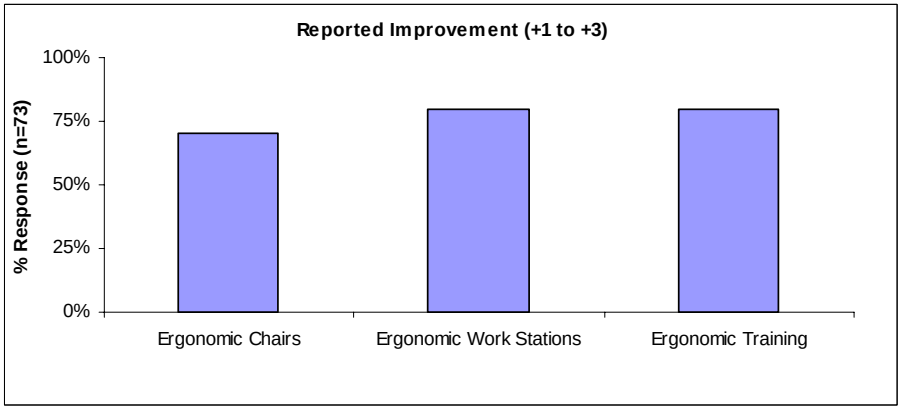
The Interventions

- Ergonomic chairs and workstations provided in reading rooms
- Ergonomic training of staff (33) and trainees (40) in ergonomic posture and positioning lead by an experienced physical therapist
- Participants reported symptoms after interventions based on a -3 to +3 scale, where:
  - -3= markedly worse
  - 0= symptoms no worse or better
  - +3= markedly better

The Results/Progress to Date

Baseline Survey Information

	>8h/day at a computer	Prevalence of repetitive stress symptoms	Prior DX of repetitive stress syndrome
Faculty	55%	52%	39%
Residents	80%	63%	38%



Lessons Learned

1. Repetitive stress symptoms are highly prevalent among Radiologists working in a PACS-based environment but are responsive to ergonomic interventions

2. Radiology departments should implement ergonomic initiatives to reduce the risk of repetitive stress injuries

Next Steps/What Should Happen Next

- Continue to replace non-ergonomic chairs and work stations in Radiology
- Multidisciplinary research with Harvard School of Public Health to determine whether novel keyboard and mouse devices can further reduce repetitive stress symptoms

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