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The Personal Impact of Work-Related Musculoskeletal Disorders (WRMSD) on Sonographers

Gareth Bolton, Lisa Booth & Paul Miller
Background

WRMSD Prevention Equipment

WRMSD Prevention Education

Sonographer Shortage & Professional Implications

The technical and physical background of WRMSD

The Personal and Professional impacts of WRMSD

Physical and Psychological Impacts of WRMSD

Sonographer Lifestyle
Method: A Model of Interpretive Phenomenological Analysis (IPA) was used as the framework for the study:

1. Purposive sample of 9 experienced sonographers from across the UK

2. Semi-structured interviews, recorded and transcribed verbatim

3. Interview data was analysed using a model of interpretive phenomenological analysis (IPA)
Findings

- Complete Denial of WRMSD as a phenomenon
- Personal Self
- Metaphorical: ‘jumping through hoops’
- Ideological Tensions
- Recognition of own vulnerability
- ‘spinning plates’ against emotional investment
- Acknowledgement or denial of WRMSD symptoms
Interview Participant Responses: Ideological Tensions/Dilemmas

1. “It’s difficult to answer because every time I do a different sport I get injured. It’s an age thing that apparently [laughing]. I’ve had to stop various sports and drop various sports in the last few years, I keep getting injured [laughing]. There’s nothing that’s impacted on my work ever other than when I was off for three days with a bad back at the end of last year, and that was a one-off and it’s never happened before or since”.

“I’ve nothing to prove given the fact that I’ve never had a work-related injury and the fact that I’ve never had any problem even though despite my technique is probably not the best technique”
2. [Quotation is in relation to muscle strengthening exercises] “There’s just so many other things to do. I mean, if I haven’t got, like if you talk about doing it actually in works time cos I wouldn’t really think about doing it when I was at home but there’s always something else to do, like looking at your e-mails or vetting requests or there’s always, if you’re not actually scanning somebody there’s something else to do, sorting roll out for the room or, you know, whatever”
3. [A participant talking about their injury] “Well I think it’s made me think more about looking after myself because it started with my thumb was sore and then because of the way perhaps I compensated and then I had an elbow problem and then shoulder and neck and that was over a few years, and then I had some physio which wasn’t much help and then somebody, a friend, suggested that I saw a physio at the [Removed for anonymity] and I had acupuncture and that was the start where I felt **I was getting obviously in control**”
Conclusion

Acknowledgement of professional role

Altruism and being a ‘good’ sonographer

Sense of tension between ‘Personal self’ and being sonographers

Further exploration of other conceptual frameworks

Conclusions
REFERENCES


