Effect of Ergonomics Training Program on Nurses' Knowledge and Safety Practice

By

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(M.Sc. in Nursing Administration)

Dissertation Submitted in Partial Fulfillment of the Requirements of Doctoral Degree in

Nursing Administration

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2022

***Abstract***

**Effect of ergonomics training program on nurses' knowledge and safety practice**

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***Abstract---***The significant health risk to the health care personnel is ergonomic related, because of manual handling activities. Aim:evaluate the effect of ergonomics training program on nurses’ knowledge and safety practices in intensive care unit. Design: A Quasi-experimental design was utilized .sample: A convenient sample of staff nurses working at ICU, their number was (30). Setting: the study was conducted at ICU at general hospital. Study tools: 1- Nurses’ ergonomics Knowledge questionnaire: part I - Personal characteristics data. Part II -Nurses’ ergonomics Knowledge questionnaire. 2- Nurses’ Ergonomics Practices Observational Checklist. Results: A statistically significant differences was found at nurses’ ergonomics knowledge scores except for concept, purpose of ergonomics and lifting and moving techniques after program implementation and at different periods of assessment. Also, significant differences with marked improvement at all dimensions of nurses ergonomics safety practice scores was found after program implementation and at different periods of assessment than preprogram. A positive correlation was found between nurses total ergonomics knowledge and their safety practices at three and six months post program implementation, while no correlation was founded pre- program and immediately post program implementation. Conclusions: The training program had positive effects on nurses’ ergonomics knowledge and safety practice. Recommendation: Periodic in-services training program for all nurses at hospital to improve knowledge and practices related to ergonomics principles of work place.