

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
<p>The learner will be able to explain that how the PRECEDE-PROCEED Model can be used to develop an Ergonomic Risk Management Program to reduce the musculoskeletal problems in the ICU nurses.</p>	<p>The interventions performed as a part of the ergonomic risk management program are developed by considering the stages of the PRECEDE PROCEED Model. The interventions were in consistency with the stages of the Model as follows: (1) Predisposing factors: video training lasts for two weeks which is related to the musculoskeletal risks and exercises to prevent them in the ICU settings without disrupting the works processes of the nurses and also giving educational materials such as booklets (2) Reinforcing factors: personal interviews about discussing the predisposing, reinforcing and enabling factors of behaviour change (3) Enabling factors: giving CDs including the training program to help the nurses to remember the training content and also providing exercise mats to enable the nurses to do the exercises shown during the video training.</p>
<p>The learner will be able to conclude the effectiveness of the nurse delivered ergonomic interventions to reduce the musculoskeletal problems in the ICU nurses.</p>	<p>The Ergonomic risk management program (ERMP) is found to be effective as it reduced the ergonomic risks and MSS related pain levels of the ICU nurses. Moreover it is a practical program to increase the exercise frequency of the ICU nurses.</p>