Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effect of an ergonomic- educatonal program on musculoskeletal disorders in operating room nurses

Protocol summary

Summary

Objectives: To determine effect of an ergonomic-educational program on musculoskeletal disorders in operating room nurses Design, Setting and Conduction: Sampling of operating room nurses at two hospitals in Semnan. Random, by lottery, hospitals will be assigned to experimental and control groups (each group 33). The initial assessment will be carried out by the REBA check list and Nordic questionnaire. According to the results of the questionnaires a training package tailored to the training needs of staff and training is based on ergonomic risk factors and methods of correction and control will be prepared. The experimental group will receive a training session. Then, in a 3-month period of monitoring are being re-filled questionnaires every two weeks while on training to people face to face and meet training needs to be emphasized. The control group did not receive any training. At the end of 3 months for both groups completed questionnaires and compared the two groups examined the impact of education. Major Inclusion criteria: graduate of one of the operating room, anesthesia or nursing; at least one year of experience in the operating room, without any surgery or disease has been detected on the musculoskeletal system Major Exclusion criteria: absence of more than 2 weeks of work, any damage to the musculoskeletal system Intervention: ergonomics training program The main outcome variables: prevalence of musculoskeletal disorders, the risk of musculoskeletal disorders

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015081823677N1**
Registration date: **2015-10-07, 1394/07/15**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2015-10-07, 1394/07/15

Registrant information

Name
Tahereh Abdollahi
Name of organization / entity
Semnan University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Tehran University of Medical Sciences

Expected recruitment start date

2015-09-21, 1394/06/30

Expected recruitment end date

2016-01-20, 1394/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of an ergonomic- educatonal program on musculoskeletal disorders in operating room nurses

Public title

Effect of an ergonomic- educatonal program on musculoskeletal disorders in operating room nurses

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: associate degree or bachelor's graduates in the operating room or anesthesia nursing; have at least one year of experience in the operating room; Working in the operating room for at least 6 months after baseline; Lack of any history of surgery on the musculoskeletal system; lack of any diagnosed musculoskeletal disease; Willingness to participate in the study; Exclusion criteria: unwillingness to continue participating in each stage of intervention; Absence from work for more than 2 weeks during the study; The occurrence of any damage to the musculoskeletal system during the study.

Age

No age limit

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **66**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Randomization will performed by lottery.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran University of Medical Sciences Ethics committee

Street address

Tehran

City

Tehran

Postal code

Approval date

2015-03-04, 1393/12/13

Ethics committee reference number

9111196041-1

Health conditions studied

1

Description of health condition studied

musculoskeletal disorders(MSDs)

ICD-10 code

M99.9

ICD-10 code description

Biomechanical lesion, unspecified

Primary outcomes

1

Description

musculoskeletal disorders

Timepoint

every two weeks

Method of measurement

nordic questionnaire and REBA questonnaire

Secondary outcomes

1

Description

job satisfaction

Timepoint

before and after of intervention

Method of measurement

minnesota job satisfaction questionnaire

Intervention groups

1

Description

The intervention group will receive a training session.For a higher quality of education and cooperation of the participants, the meeting on 3 small groups, each group of 11 people in 3 days (every day for a group) will be held. The pamphlet placed at their disposal. The subjects are monitored for a period of 3 months. In the three months since the public ergonomic changes need to be at least two weeks to evaluate, fortnightly assessment and given the need to educate people at the same time, face-to-face emphasis on training, as well as The study pamphlet will remind them and they will be asked some questions.

Category

Prevention

2

Description

The control group did not receive any training and just at the beginning and end of theproject are evaluated by questionnaire and the check list.

Category

Prevention

Recruitment centers

1

Recruitment center
Name of recruitment center
Semnan Kosar hospital
Full name of responsible person
Dr. Daryoosh Pahlevan
Street address
City
Semnan

2

Recruitment center
Name of recruitment center
Semnan Amiralmomenin hospital
Full name of responsible person
Roqeyeh Vafaei Nejad
Street address
City
Semnan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Tehran University of Medical Sciences
Full name of responsible person
Dr. Ziba Tghizadeh
Street address
Nosrat Sharqi st, Tohid sq, Tehran
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice chancellor for research, Tehran University of Medical Sciences
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

Contact
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Mrs. Shadan Pedram Razi
Position
coach
Other areas of specialty/work
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Person responsible for scientific inquiries

Contact
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Semnan University of Medical Sciences
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Person responsible for updating data

Contact
Name of organization / entity
Semnan University of Medical Sciences
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Tahereh Abdollahi
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Phone
00
Fax
Email
Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty