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Summary

REALITY AUGMENTED GLASSES IMPROVES ERGONOMICS IN GASTROINTESTINAL ENDOSCOPY

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A study of 200 upper gastrointestinal endoscopies performed by five endoscopists found that medical augmented reality glasses significantly improved ergonomics by reducing neck and torso muscle activation and high-risk postures compared to conventional monitors.

KEY POINTS

- Augmented reality glasses reduced mean NASA-TLX workload scores compared to conventional monitors, with improvements in physical demand, effort, and frustration scores.
- Muscle activation in the sternocleidomastoid and trapezius muscles was significantly lower in the augmented reality glasses group compared to the non-augmented reality glasses group.
- Motion tracking analysis showed a significant reduction in the proportion of high-risk neck and torso positions when augmented reality glasses were used.
- The study involved 200 screening gastroscopies equally divided between augmented reality glasses and conventional monitor groups, using electromyography sensors and motion tracking to measure biomechanical loads.
- The authors conclude that augmented reality glasses are expected to improve ergonomics for endoscopists by correcting posture and reducing muscle fatigue during endoscopy.

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