

RETHINKING ERGONOMICS IN DIGESTIVE ENDOSCOPY : SAFER HANDS, BETTER OUTCOMES

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Poster

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A cross-sectional survey of 38 gastroenterology trainees and specialists found that none had received ergonomic training, and 57.9% reported musculoskeletal pain, primarily in the lower back and neck.

KEY POINTS

- Among 38 respondents (68% residents, mean age 30.65 years), none had received prior ergonomic training before practicing endoscopy.
- Musculoskeletal pain was reported by 57.9% of participants, affecting primarily the lower back (68.2%) and neck (54.5%).
- Knowledge of ergonomic practices was variable: 81% correctly identified optimal monitor viewing angle, but only 57% recognized neutral neck and head posture.
- Use of ergonomic support devices was very limited, with only 11% using anti-slip flooring and 2.7% using cushioned insoles.
- Participants averaged 8.5 hours of endoscopic activity weekly, performing six upper endoscopies and 3.6 colonoscopies per week.

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