



THE SOCIETY FOR  
VASCULAR TECHNOLOGY OF  
GREAT BRITAIN AND IRELAND

**Andrew Picton** has completed this personal reflection on **05/05/2020**

**Paper:** Spring 2020 CPD questions

**Personal Reflection:**

Learning was based on the review of two published papers reviewing work related musculoskeletal disorders (WRMSD) in ultrasound.

The papers reviewed published evidence on the causes of WRMSD including ergonomics, and various stress caused by scanning on muscles, tendons, in the shoulders, neck, back, wrist, hand, fingers. They outlined the type of injuries suffered and how these can progress to chronic injuries if unaddressed. They also looked at how injuries were effected by workload management (ie increased demand), psychosocial factors (job satisfaction and mental burn out due to stress) and other factors such as increase patient obesity and increased age of sonographers.

The papers suggest ways to avoid WRMSD by suggesting maximum tolerances positioning of various joints, the use of different scan techniques for optimum positioning of patients and also the use of ultrasound and couch ergonomic features to reduce risk.

The conclusion is that a risk assessment should be carried out on scanning techniques and regularly reviewed. staff should receive training for each scan type to reduce risk, scans should be varied and workloads should be managed to protect staff and prolong pain free scanning. We already have risk assessments in place which are reviewed annually and all staff receive extensive in house and external training on optimum scanning, moving and handling of patients and equipment.