



Michelle Cooper has completed this personal reflection on **05/05/2020**

Paper: Spring 2020 CPD questions

Personal Reflection:

Description of the Learning: Questions based on two papers, 1. Work-related musculoskeletal disorders in ultrasound: can you reduce risk (Harrison and Harris), 2. Work-related musculoskeletal disorders in sonographers: a review of causes and types of injury and best practices for reducing risk (Coffin)

Evaluation and Analysis: Both papers highlight the multifactorial causes of work-related musculoskeletal disorders (WRMSDs) experienced by sonographers. These fall into three groups; biomechanical/environmental factors, administrative factors, and worker practices. It is important that the sonographer/vascular scientist takes care to minimise the factors which increase the risk of WRMSDs to reduce the likelihood of chronic injury.

Conclusion: optimising the examination should not be at the detriment to the health of the vascular scientist/sonographer