



**Josephine Whitaker** has completed this personal reflection on **05/05/2020**

**Paper:** Spring 2020 CPD questions

**Personal Reflection:**

The articles are a good read and have reminded me of the value and importance of monitoring my posture, arm abduction and transducer grip to reduce WRMSD. This is particularly important currently as due to the COVID 19 pandemic we have been asked to scan an increasing number of patients portably. I am reminded to utilise another member of staff to operate the controls rather than reach or lean across to do it myself if I cannot get the machine into an optimal position for the scan at the patient bedside. It is always good to be reminded of how to protect myself from injury at work. I am reminded also to take regular micro breaks when scanning and to limit the number of a single scan type I do in my working day. I am also now going to revisit left handed scanning to see if this can help further reduce my risk of WRMSD