



**emily blake** has completed this personal reflection on **12/05/2020**

**Paper:** Spring 2020 CPD questions

**Personal Reflection:**

Educational: Two papers on WRMSDs, what causes these injuries and how we can reduce the risk in our workplace (published in 2014 and 2015).

These papers recap on the factors influencing WRMSDs and the methods that can be used to help reduce the risk. They include good images of bad posture / poor body angles along with good descriptions of optimum position for different areas of the body (second paper more so).

Reading over the papers has prompted me to think about my own scanning posture, look at how I position myself and actually think about what kind of transducer grip I work with (we often forget about taking time to really think about our posture, look at our environment and optimise the equipment within a busy list).

Reading these papers and answering the questions has helped me to self reflect, think about adaptation and change to help reduce the risk of WRMSD's. I have a varied work load but the one scan that stands out as a risk in the clinical setting is the venous reflux exam, purely because of the excessive arm reaches and extension of the neck and twisting of the torso. Our department scans with patient standing on steps and the first paper talks about a tilted couch and the previous CPD questions also included a paper on 'tilt tables'. This may well prompt discussions with the team and management to see if we can purchase a tilting couch. If it will help reduce risk over a long period of time. I will also be more proactive in sharing recommendation's published by professional bodies - SCoR and SVT can also help reduce the impact of risk factors amongst our team.

Exercise and stretching is also mentioned as a way to help reduce risk. This has been discussed in the past with our team but may be something to reintroduce as a refresher - I can send the link provided on stretching to the team. It's good to promote the above awareness but as the paper states it's only the individual sonographer that can take responsibility for their own health. We have 6 monthly RSI assessment in place where a designated sonographer sends out a body map diagram and questions enabling sonographers to report any new injuries or symptoms but I can see that regular reminding will help our team.