

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jul 2026

Effect of an ergonomic- educational program on musculoskeletal disorders in operating room nurses

Protocol summary

Summary

Objectives: To determine effect of an ergonomic-educational program on musculoskeletal disorders in operating room nurses Design, Setting and Conduction: Sampling of operating room nurses at two hospitals in Semnan. Random, by lottery, hospitals will be assigned to experimental and control groups (each group 33). The initial assessment will be carried out by the REBA check list and Nordic questionnaire. According to the results of the questionnaires a training package tailored to the training needs of staff and training is based on ergonomic risk factors and methods of correction and control will be prepared. The experimental group will receive a training session. Then, in a 3-month period of monitoring are being re-filled questionnaires every two weeks while on training to people face to face and meet training needs to be emphasized. The control group did not receive any training. At the end of 3 months for both groups completed questionnaires and compared the two groups examined the impact of education. Major Inclusion criteria: graduate of one of the operating room, anesthesia or nursing; at least one year of experience in the operating room, without any surgery or disease has been detected on the musculoskeletal system Major Exclusion criteria: absence of more than 2 weeks of work, any damage to the musculoskeletal system Intervention: ergonomics training program The main outcome variables: prevalence of musculoskeletal disorders, the risk of musculoskeletal disorders

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015081823677N1**

Registration date: **2015-10-07, 1394/07/15**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-10-07, 1394/07/15

Registrant information

Name

Tahereh Abdollahi

Name of organization / entity

Semnan University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Tehran University of Medical Sciences

Expected recruitment start date

2015-09-21, 1394/06/30

Expected recruitment end date

2016-01-20, 1394/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of an ergonomic- educational program on musculoskeletal disorders in operating room nurses

Public title

Effect of an ergonomic- educational program on musculoskeletal disorders in operating room nurses

Purpose

Prevention

Inclusion/Exclusion criteria
Inclusion criteria: associate degree or bachelor's graduates in the operating room or anesthesia nursing; have at least one year of experience in the operating room; Working in the operating room for at least 6 months after baseline; Lack of any history of surgery on the musculoskeletal system; lack of any diagnosed musculoskeletal disease; Willingness to participate in the study; Exclusion criteria: unwillingness to continue participating in each stage of intervention; Absence from work for more than 2 weeks during the study; The occurrence of any damage to the musculoskeletal system during the study.

Age
No age limit

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: 66

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Randomization will performed by lottery.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran University of Medical Sciences Ethics committee

Street address

Tehran

City

Tehran

Postal code

Approval date

2015-03-04, 1393/12/13

Ethics committee reference number

9111196041-1

Health conditions studied

1

Description of health condition studied

musculoskeletal disorders(MSDs)

ICD-10 code

M99.9

ICD-10 code description

Biomechanical lesion, unspecified

Primary outcomes

1

Description

musculoskeletal disorders

Timepoint

every two weeks

Method of measurement

nordic questionnaire and REBA questionnaire

Secondary outcomes

1

Description

job satisfaction

Timepoint

before and after of intervention

Method of measurement

minnesota job satisfaction questionnaire

Intervention groups

1

Description

The intervention group will receive a training session. For a higher quality of education and cooperation of the participants, the meeting on 3 small groups, each group of 11 people in 3 days (every day for a group) will be held. The pamphlet placed at their disposal. The subjects are monitored for a period of 3 months. In the three months since the public ergonomic changes need to be at least two weeks to evaluate, fortnightly assessment and given the need to educate people at the same time, face-to-face emphasis on training, as well as The study pamphlet will remind them and they will be asked some questions.

Category

Prevention

2

Description

The control group did not receive any training and just at the beginning and end of the project are evaluated by questionnaire and the check list.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Semnan Kosar hospital

Full name of responsible person

Dr. Daryoosh Pahlevan

Street address

City

Semnan

2

Recruitment center

Name of recruitment center

Semnan Amiralmomenin hospital

Full name of responsible person

Roqeyeh Vafaei Nejad

Street address

City

Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Tehran University of Medical Sciences

Full name of responsible person

Dr. Ziba Tghizadeh

Street address

Nosrat Sharqi st, Tohid sq, Tehran

City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice chancellor for research, Tehran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Mrs. Shadan Pedram Razi

Position

coach

Other areas of specialty/work

Street address

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Dr.Daryoosh Pahlevan

Position

Medicine and Occupational Diseases

Other areas of specialty/work

Street address

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Person responsible for updating data

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Tahereh Abdollahi

Position

Other areas of specialty/work

Street address

City

Semnan

Postal code

Phone

00

Fax

Email

Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty