

TITLE:

Inter -rater and Intra- rater reliability of RULA tool with front-desk executives facing repetitive strain injury

Abstract:**Background:**

Repetitive Strain injuries are associated with repetitive tasks, forceful exertions and sustained or awkward positions. Other names include repetitive motion injuries, Repetitive motion disorder, Cumulative trauma disorder, and Overuse Syndromes. Office ergonomics is significant when much of the workforce experienced rapid digitization leading to a rapid influx of RSI.

Purpose:

This study tries to estimate the inter-rater and intra-rater reliability of RULA (Rapid Upper Limb Assessment) tool while assessing for the repetitive strain injuries among front desk executives working in multispecialty hospital.

Method:

This observational study aims at assessing the intra-rater and inter-rater reliability of RULA tool in a multispecialty hospital. Participants were 20 front desk executives working in multispecialty hospital and were assessed by 3 physiotherapists for repetitive strain injuries using RULA tool that allows the left and right upper limbs separately. The inter-rater reliability will be determined by comparing the measurements of 3 therapists on the same day. The intra-rater reliability will be determined by comparing the measurement taken by each therapist between two assessments.

Conclusion:

Workspace health and safety for healthcare organizations must be made a priority. Educating and empowering staff to take steps to reduce the risk of developing RSI is a viable approach.