

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Investigate the effectiveness of ergonomic interventions to reduce the prevalence of musculoskeletal disorders with participatory ergonomics approach to staff a hospital in Iran University of Medical Sciences in 2015.

Protocol summary

Summary

Objectives: The healthcare profession is known to have some of the highest prevalence rates of work-related musculoskeletal disorders (WMSD) among all work professional groups. The aim of this study is to evaluate the effectiveness of ergonomics intervention program as the prevention of musculoskeletal disorders. Design: The program will be conduct among healthcare workers including nurses, operating room technicians, and laboratory staff. Setting and conduct: Before running the program, will investigate the prevalence of musculoskeletal disorders among employees. The multifaceted intervention program consisted of five components, which will design to address all the major ergonomic risk factors identify in the healthcare environment. After the intervention to assess the effectiveness of the program, will investigate the prevalence of musculoskeletal disorders among employees. Participants including major eligibility criteria: All participants will provide writ inform consent. will not pregnant, will no LBP in the last two years, no previous spinal surgery, no current pain medications, will not undertaken previous postural control training. exclusion criteria: The absence of any of the above. Intervention: The five components are: Group training on ergonomic principles and safe practices, Work and equipment modification, Supervis onsite ergonomic training, Regular exercise program and Typing training and computer workstation evaluation and advice. Main outcome measures: Musculoskeletal disorders, After the intervention to assess the effectiveness of the program, will measure the prevalence of musculoskeletal disorders.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015092624199N1**

Registration date: **2015-11-16, 1394/08/25**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-11-16, 1394/08/25

Registrant information

Name

Mashaallah Aghilinejad

Name of organization / entity

Iran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8862 2682

Email address

maghilinejad@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research of Iran University of Medical Sciences

Expected recruitment start date

2015-10-23, 1394/08/01

Expected recruitment end date

2016-04-19, 1395/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Investigate the effectiveness of ergonomic interventions to reduce the prevalence of musculoskeletal disorders with participatory ergonomics approach to staff a hospital in Iran University of Medical Sciences in 2015.

Public title
Investigate the effectiveness of ergonomic interventions to reduce the prevalence of musculoskeletal disorders with participatory ergonomics approach to staff a hospital in Iran University of Medical Sciences in 2015.

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria: All participants will provide writ inform consent. will not pregnant, will no LBP in the last two years, no previous spinal surgery, no current pain medications, will not undertaken previous postural control training. exclusion criteria: The absence of any of the above.

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size:

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Iran University of Medical Sciences Ethics Committee

Street address

Tehran, Hemmat Highway

City

Tehran

Postal code

1449614535

Approval date

2015-05-19, 1394/02/29

Ethics committee reference number

IR.IUMS.REC.1394.112081

Health conditions studied

1

Description of health condition studied

Other postprocedural musculoskeletal disorders

ICD-10 code

M96.8

ICD-10 code description

Instability of joint secondary to removal of joint prosthesis

Primary outcomes

1

Description

Rate of musculoskeletal disorders

Timepoint

Before intervention, A month after the intervention.

Method of measurement

Nordic standard questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The program will be conduct among healthcare workers including nurses, operating room technicians, and laboratory staff. Before running the program, will investigate the prevalence of musculoskeletal disorders among employees. The multifaceted intervention program consisted of five components, which will design to address all the major ergonomic risk factors identify in the healthcare environment. After the intervention to assess the effectiveness of the program, will investigate the prevalence of musculoskeletal disorders among employees. The five components are: group training on ergonomic principles and safe practices, Work and equipment modification, supervise onsite ergonomic training, regular exercise program and typing training and computer workstation evaluation and advice. Main outcome measures: Prevalence of musculoskeletal disorders. After the intervention to assess the effectiveness of the program, will investigate the prevalence of musculoskeletal disorders among employees. In fact, in this study we have a group for intervention. The program has been implemented to reduce musculoskeletal disorders in this group of employees and the prevalence of musculoskeletal disorders in this group of employees will be compared

before and after the program together.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Milad Hospital

Full name of responsible person

Dr Mashaallah Aghilinejad

Street address

Hemmat Highway, Milad Hospital

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research of Iran University of Medical Sciences

Full name of responsible person

Seyed Ali Javad Mousavi

Street address

Hemmat Highway, Iran University of Medical Sciences

City

Tehran

Grant name

پایان نامه دکترای تخصصی پژوهشی

Grant code / Reference number

25814

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

Yes

Title of funding source

Vice Chancellor for Research of Iran 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

Iran University of Medical Sciences

Full name of responsible person

Mashaallah Aghilinejad

Position

Associate Professor of Occupational Medicine

Department

Other areas of specialty/work

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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