

## **MAPO method for the study of patient movement: news and applicative examples**

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EPMIES Scientific Association has been dealing with the problem of prevention of MSD by biomechanical overload in patients lifting for many years, trying to offer not only validated evaluation criteria (also compliant with the current ISO Standards) but also tools to facilitate and make possible, even for the less experienced, their application in terms of risk assessment. Justification of the topic to the conference theme Prevention and management of MSDs in different work scenarios.

The main objective was to spread the MAPO method in different countries worldwide to adapt it to different and specific organisational characteristics. Examples of preventive strategies to reduce risk are also addressed. The results of 20 years of application of the MAPO method in hospital wards and nursing homes are presented, as well as protocols (offered in Excel spreadsheet) that allow quantifying the frequency of overloading tasks and the cumulative load of workers through the analysis of a monthly cycle. Finally, the results of specific research to assess the risk associated with WMSDs among home care workers will be illustrated. Target audience and limit All healthcare and/or technical personnel who deal with prevention in hospitals, physiotherapists, healthcare assistants, nurses, and doctors.

Certainly, the development of simple tools (Excel spreadsheets, downloadable for free: [epmresearch.org](http://epmresearch.org)), as well as the comparison with many different situations in hospital environments in different countries of the world, with different organisational characteristics, leads the MAPO method to be increasingly validated and universally applicable.

Speaker bios:

**Olga Menoni**

Ergonomist, physiotherapist and senior researcher for Scientific Association EPMIES “Ergonomics of Posture and Movement International Ergonomics School”

Olga is the author of the MAPO method for assessing the physical risk of manual patient handling. She has been a professor for more than 150 training courses for occupational physicians in the management of biomechanical risk. She has authored more than 50 papers and handbook, in Italian and English, on occupational health and ergonomics issues, with special focus on prevention of work-related musculoskeletal disorders in the hospital caused

by manually patient handling. Olga is also a member of the Technical Committee on the Prevention of Musculoskeletal Disorders of the International Ergonomics Association (IEA).

#### Natale Battevi

Natale Battevi, a renowned medical professional, successfully completed his Medical and Surgical degree in 1978. He pursued specialization in Occupational Medicine in 1982 and later expanded his expertise by specializing in Medical Statistics with a focus on epidemiology in 1990. An esteemed member of the European Society for Preventive Medicine (EPM) since 1997, Natale has been a valued member of the European Society for Epidemiology since 2015.

#### Marco Tasso

Marco is an expert in assessing workplace conditions, providing comprehensive training, and carrying out research to improve the health and safety of workers. As a research associate, he has contributed to scientific articles and participated in research projects. He has also trained over 2,500 workers by conducting training courses on the risks associated with patient handling and awkward postures. Additionally, Marco carries out biomechanical overload risk assessments in various work settings, utilizing internationally recognized methodologies, and engage in workstation redesign activities to improve worker safety and comfort.