

Musculo-Skeletal Problems among Public Transportation Drivers.

Evelisse M. Flores Alvarez, University of Puerto Rico, Medical Sciences Campus, Dr. Lida Orta, University of Puerto Rico, Medical Sciences Campus

Keywords: Ergonomics problems, musculo-skeletal problems, back injury

Objective: This descriptive study aims to understand the main issues and musculo-skeletal injuries presented by the Metropolitan Bus Authority (AMA) workers. The ultimate purpose of this study is to make recommendations that benefit the health of bus drivers. The information was collected through a survey conducted to a convenience sample of 38 AMA drivers inquiring about symptoms that may be related to these problems and those work related.

Methods: This survey is a questionnaire tool where workers answered if at present time they had any discomfort in any joint in their body, the frequency of the discomfort, how long they have had it, and if they received any medical care because of this problem.

Results: The results showed that almost 95% of the subjects surveyed reported having at least some discomfort, which may be related to musculoskeletal injuries. The discomforts that most drivers report are on the back and neck, just about with 75% and 70% respectively. Of the total complaints reported 90% received private medical treatment, while only 31.7% received medical treatment in the State Workers Insurance Fund.

Conclusion: There are some engineering and administrative recommendations that can help reduce the occurrence of musculoskeletal injuries. Some of these recommendations are: ergonomic seat, ongoing maintenance of the suspension of the bus, implement guidance and exercise programs, reasonable rest periods.

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Commercial Truck Drivers and Diabetes

Shari Frye, RN, BSN, Occupational Health Nurse Practitioner Student, OHN Student University of South Florida, College of Nursing

Keywords: Commercial truck drivers and diabetes

Objective: As the economical state of the country fuels the increasing demands for qualified commercial truck drivers, the complications from poor nutrition, lack of exercise can lead to obesity and ultimately diabetes which could increase hazards and put the public at risk on our nation's highways.

Methods: reviewed literature

Results: Approximately 8.3% of the population in the United States is affected by diabetes, in 2010 there were 1.9 million cases of new onset diabetes. There are 3.5 million commercial truck drivers and the need will increase by 21% in 2020. Truck drivers are exposed to long working hours, irregular sleep patterns, poor nutritional and eating habits, and a lack of exercise that leads to obesity with this increasing the risk of commercial truck drivers becoming diabetic and unable to drive if placed on insulin. Drivers consume high caloric meals of fast processed foods, candies, and stimulant beverages during times of driving. Drivers need a complete medical history and physical examination to obtain or renew their commercial license. Maintaining a good diet, controlling blood sugar levels, and keeping the A1c below 7% are major keys to reduce driving hazards and cardiovascular disease for these individuals.

Conclusion: The OHN can promote education on blood glucose monitoring prior to driving and during driving to maintain safe highways. The OHN can provide counseling on healthy lifestyles, exercise, and nutritional snacks that could help maintain glycemic control while driving and decrease risk of obesity. The OHN can be an advocate for truck stops to have exercise areas, foods that are compliant with diabetic individuals, and signage to indicate these areas.

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