

Title: Musculoskeletal problems experienced by older nurses in hospital settings  
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Abstract:

The effects of musculoskeletal problems on older nurses working in hospital settings was examined, including what contributed to the problems, and preferred treatments selected. Inadequate sleep was significantly related to musculoskeletal symptoms in all regions of the body. Most frequent problems were in lower and upper back, neck, and shoulder areas. Rotating and/or 12-hr shifts, inadequate sleep, frequent patient handling, and nurses who felt little control over their work reported more lower back symptoms. Surprisingly, nurses relied on over-the-counter medications to treat their problems. Implications for supporting the nursing workforce and minimizing musculoskeletal problems are discussed