

# Gynecologic Oncology is a Pain in the Neck and Everywhere Else

**Course Directors:** Kathryn Mills, MD and Katherine Tucker, MD

Gynecologic Oncology is physically demanding. Thus, it is imperative that we take care of our bodies to ensure good health over the course of our careers. Ergonomics is the science of helping to create better work environments, simultaneously improving efficiency and productivity while preventing injuries and reducing discomfort. For this master class, join Dr. Geeta Lal, an Endocrine Surgical Oncologist and Surgical Ergonomics Coach; Linda Miller, an Occupational Therapist and Ergonomist; and other course faculty as we discuss the importance of ergonomics in the OR, the office, and the clinic.

Learn ways to improve your movements and posture, the importance of breaks, as well as exercises to use on the go. This course will cover topics including the ergonomic challenges of being pregnant in the OR, using instruments made for larger hands or for those who are right-hand dominant, and strategies for returning to work after an injury. We will explore new technologies such as artificial intelligence-based evaluations and exoskeletons to support good ergonomics. Lastly, this session will discuss how to be an advocate for ergonomics within your hospital system and how to ensure that training ensures that the next generation of gynecologic oncologists learn best movement practices.

## Learning Objectives:

1. Understand the prevalence of work-related musculoskeletal injury in gynecologic oncology surgeons
2. Appreciate the contributing and exacerbating factors for these injuries
3. Recognize the far-reaching personal and career impacts of such injuries
4. Learn evidence-based strategies to mitigate risk of injury throughout your career to enhance career longevity