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Abstract—The purpose of this study was to determine if there were differences in the prevalence of musculoskeletal disorders between two groups of nurses working in different departments of a hospital. The sample consisted of 100 nurses from the intensive care unit (ICU) and 100 nurses from the medical-surgical department. Data were collected by means of a questionnaire that included information about sociodemographic characteristics, work conditions, and musculoskeletal symptoms. The results showed that the prevalence of musculoskeletal disorders was higher among ICU nurses than among medical-surgical nurses. The most prevalent disorders were low back pain, followed by neck pain and shoulder pain. The findings suggest that interventions aimed at reducing the risk of musculoskeletal disorders should be tailored to the specific needs of each group of nurses.

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were randomly assigned to a control group (CON) and an exercise group (EX). The EX group performed a 10-week training program consisting of three sessions per week of aerobic exercise. The HR and EE were measured at baseline and at the end of the 10-week training program. The EX group showed a significant decrease in HR and a significant increase in EE compared to the CON group. The results of this study suggest that a 10-week training program can improve the cardiovascular fitness and energy expenditure of sedentary, middle-aged women.

1. The first step is to identify the problem. In this case, the problem is that the company is not meeting its sales targets.

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「我係想講，如果佢哋唔係咁貪，就唔會咁快就死喇。」

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Abstract

1. The first step in the process is to identify the problem. This involves gathering information about the situation and understanding the needs of the stakeholders involved.

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