

## Repetitive Stress Injuries: Occupational Hazard for High-Tech Telehealth (1 CE hour)

Telephone triage has evolved into a high tech industry, requiring the use of computers in a fast-paced, sometimes stressful environment. As such, telepractitioners are now at risk for repetitive stress injuries (RSI), caused by improper ergonomics. This home study course describes an overview of RSI, some risk factors and suggestions to avoid potential injuries.

1 CE Hour for \$10

read accompanying article

**AUDIENCE** RNs and NPs (novice and experienced) seeking formal training in telephone triage from the Call Center, Ambulatory Care, ED, Hospice, Student Health, Home Health and Public Health settings.

**METHODOLOGY** Home study article online with post test.

### BEHAVIORAL OBJECTIVES

Upon successful completion of the course, the participant will be able to:

- Define repetitive stress injuries.
- Describe common situations which place practitioners at risk for RSI
- Describe three exercises which help reduce the risk of acquiring RSI
- Describe several warning signs of RSI

Simply follow these directions to take this course:

1. Print and read the course you have selected

2. Pay for the course using PayPal, and you will receive the post test via email

3. Mail or fax the post test and receive your certificate.

COST \$10.00. Discounts are available for groups of 10 or more. Please contact Sheila Wheeler directly at [sw@teletriage.com](mailto:sw@teletriage.com)

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PROVIDER

TeleTriage Systems has been approved by California Board of Registered Nursing, Provider #10680 for 1 contact hour.