

# HHOME Study: Home Health Occupations Musculoskeletal Examinations



## HHOME Pilot Study: Home Health Occupations Musculoskeletal Examinations

**Description:** The Home Health Occupations Musculoskeletal Examinations (or HHOME) research pilot study is designed to survey minority Massachusetts Home Health Aides, Personal Care Attendants, Homemakers, and other health workers who visit their clients at home. Using a combination of quantitative and qualitative research methods, we will investigate muscular and skeletal pain in the home health workforce, as well as workplace factors that may cause musculoskeletal disorders. While the main focus is on musculoskeletal disorders, we are also interested in other workplace-related health risks these low-wage workers face, such as smoking, sharps-related incidents, and patient violence.

The HHOME Study consists of two parts. The first part is a series of key informant interviews and focus groups where a small number (8-12) of home health workers and key Home Health Aide Agency personal are invited to fill out a short demographics survey and participate in a recorded group discussion. The second part of the HHOME pilot study is a longer survey distributed to a larger population of Home Health Aides. This survey's questions will be based off of what we learn from the focus groups in terms of health-related workplace issues.

Our long-term goal for this pilot project is to discover which, if any, workplace-related activities and factors place home health workers' at risk for physical and mental workplace hazards, and to try to identify and prioritize ways to improve workplace health and safety.

If you are a home health worker, or home health agency interested in participating in our study, please contact our research assistant, Stephen Marvel-Coen (information can be found below).