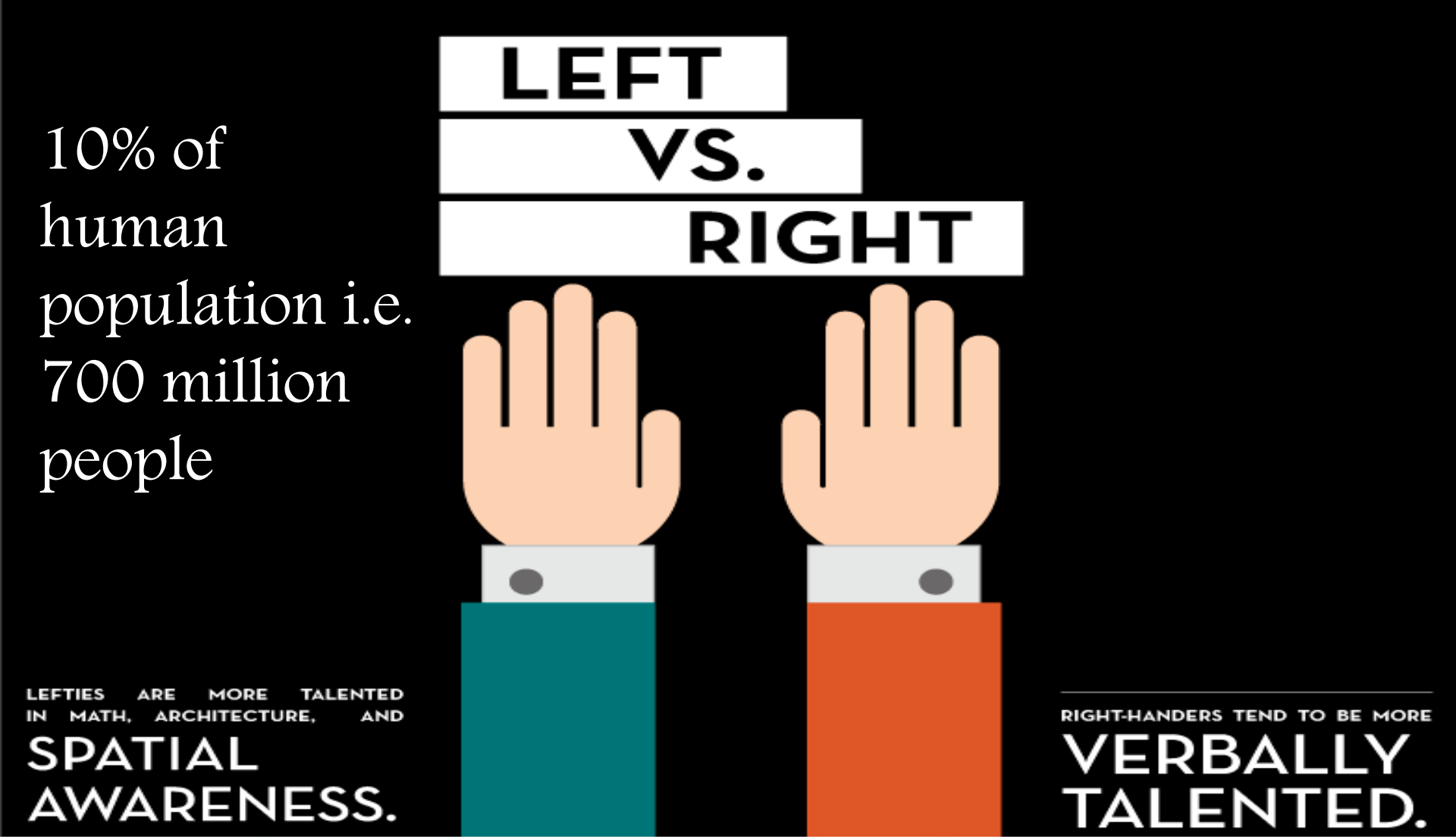
Left Handed Medical Professionals, in a Right Handed World: An ergonomic challenge

Author: Apurva Lunia
(2nd Prof. M.B.B.S.)

Guide: Dr . D.S. Choudhary,
M.B.B.S., M.S. Anatomy

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10% of human population i.e. 700 million people






rude
linker
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sinistra
Gauche
Lyft
lewy
left-feet
immoral
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Ill-named
Evil
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unlucky
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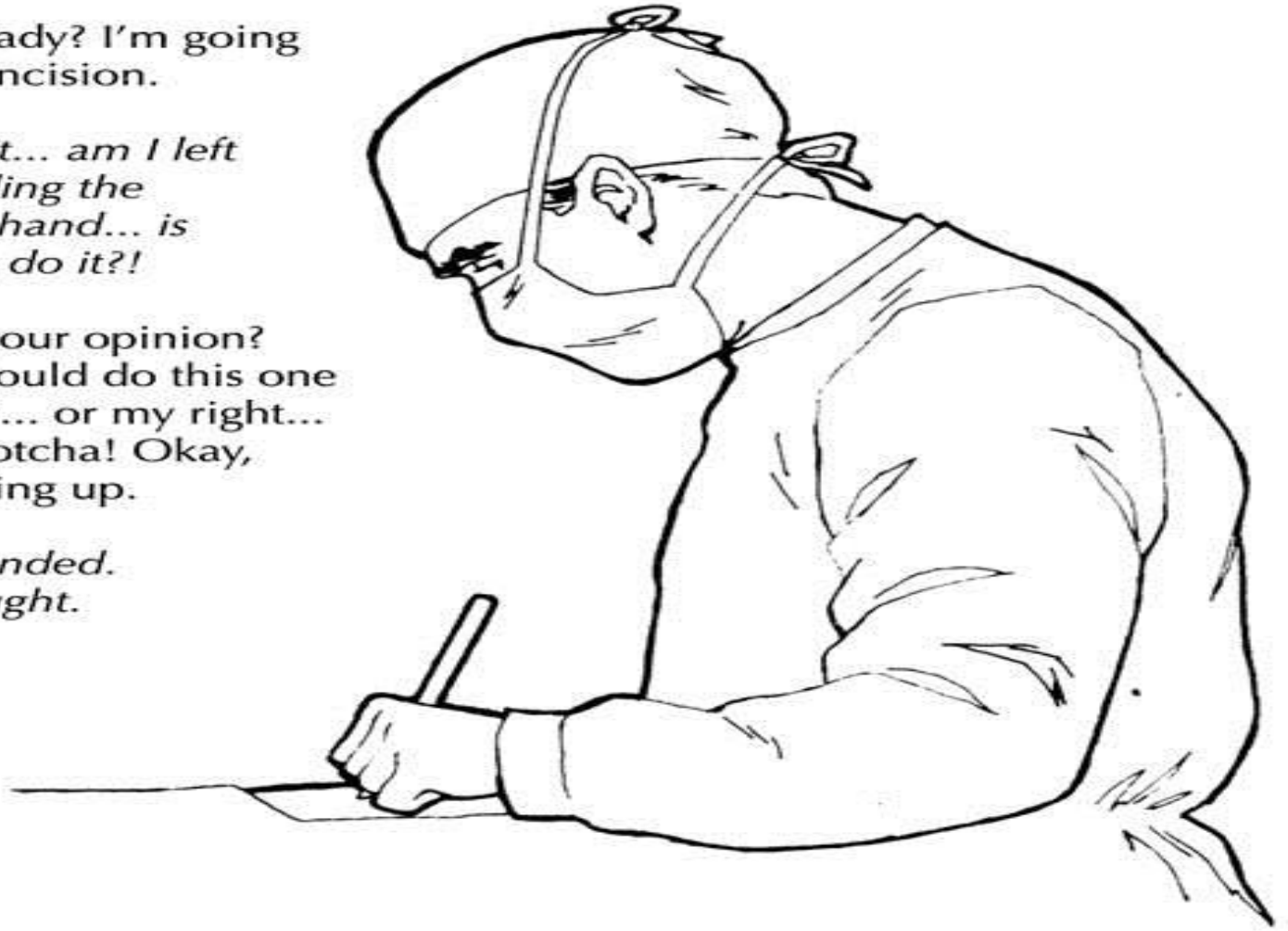
A University College, London study (1990) denoted overall **6.2%** medical school students were left-handed

Nurse, are you ready? I'm going to make the first incision.

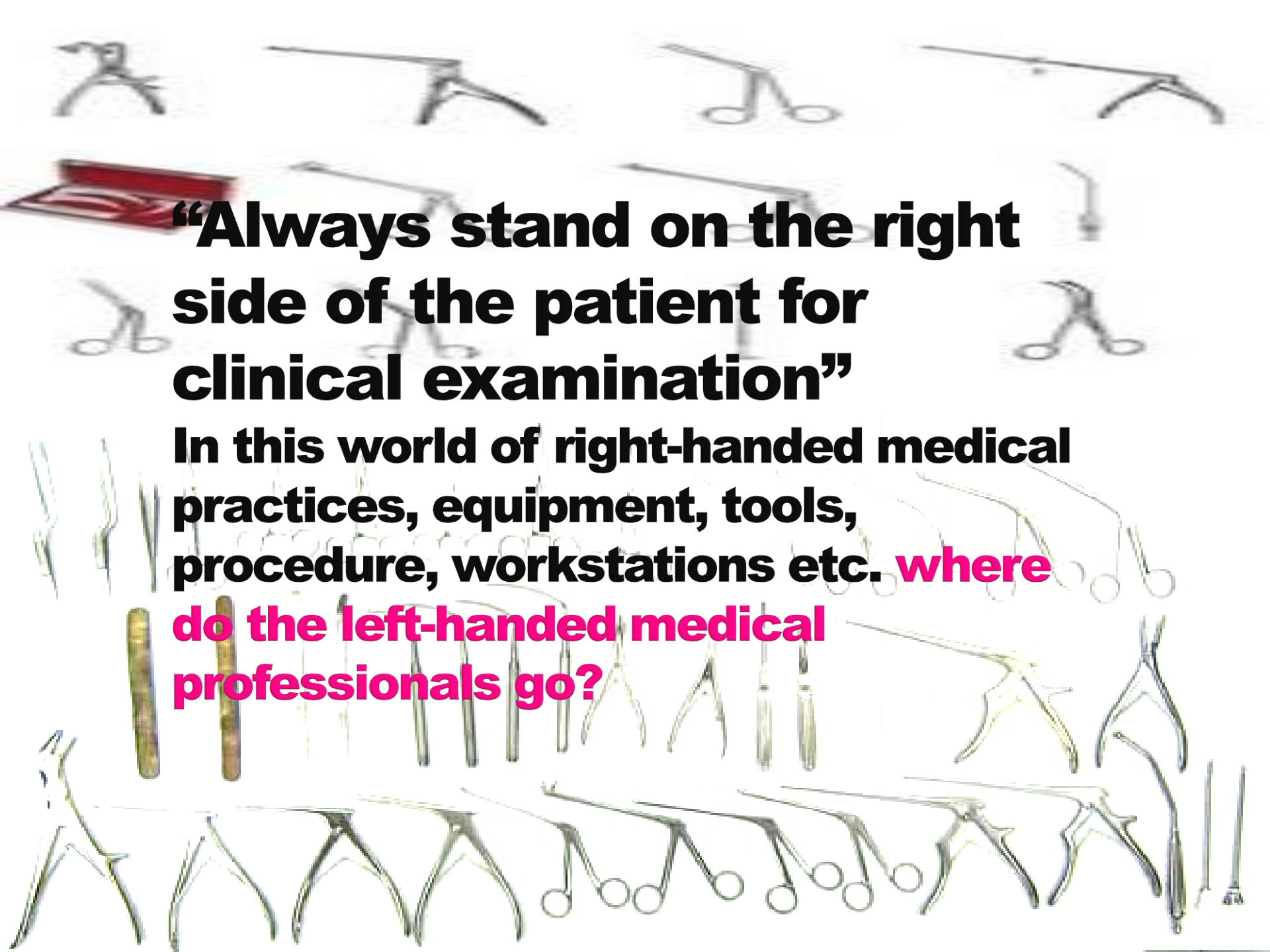
Oh my god... wait... am I left handed? I'm holding the scalpel in my left hand... is this how I usually do it?!

Nurse, can I get your opinion? Do you think I should do this one with my left hand... or my right... the left? Ha ha, gotcha! Okay, first incision coming up.

Hell yeah. Left handed. That's what I thought.



Married To The Sea.com



“Always stand on the right side of the patient for clinical examination”

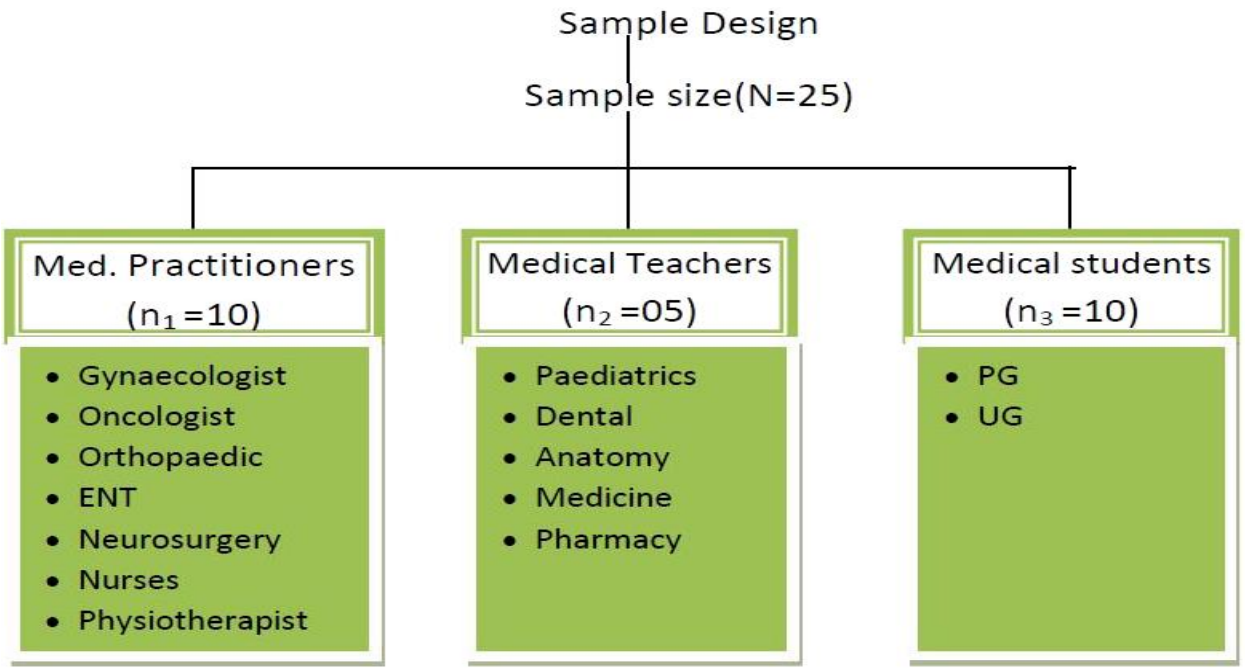
In this world of right-handed medical practices, equipment, tools, procedure, workstations etc. where do the left-handed medical professionals go?

Objectives of the Study:

- To study the existing/prevailing knowledge, attitude and practices regarding right handedness and left handedness.
- To Study the experiences of left handed individuals (doctors, dentists, nurses and physiotherapists) in terms of surgical equipments, routine medical procedures, protocols etc.
- To identify and collate the stresses faced by left-handed professionals, in medical and paramedical fields.
- To conscientise teachers, students and medical professional regarding the problems and needs of left-handers.
- To recognize the need for development of surgical instruments, accessories, work stations, protocols etc.

Research Methodology:

- **Locale of the study-** The study was conducted on medical practitioners, medical teachers and medical students from Jaipur city
- **Sample size and its selection -**Sample comprised of 25 subjects in total (N=25). The purposive sampling technique was used.



3. Tools- Four tools were formulated:

- Questionnaire cum checklist for
  i. Medical Practitioners
  ii. Medical Teachers
  iii. Medical Students
- Case study method

4. **Procedure of data collection** The data was collected in three phases,

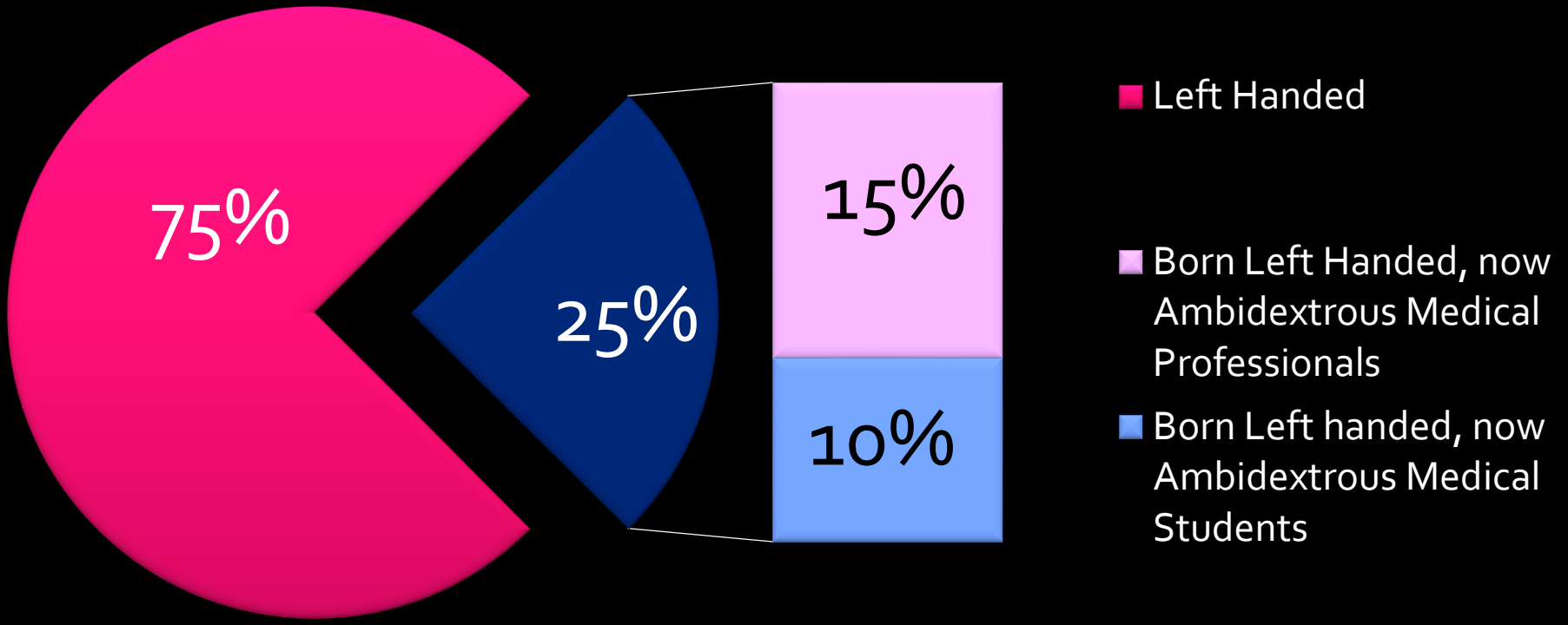
Phase 1: Distribution of Questionnaire.

Phase 2: Personal Interview/ Discussions.

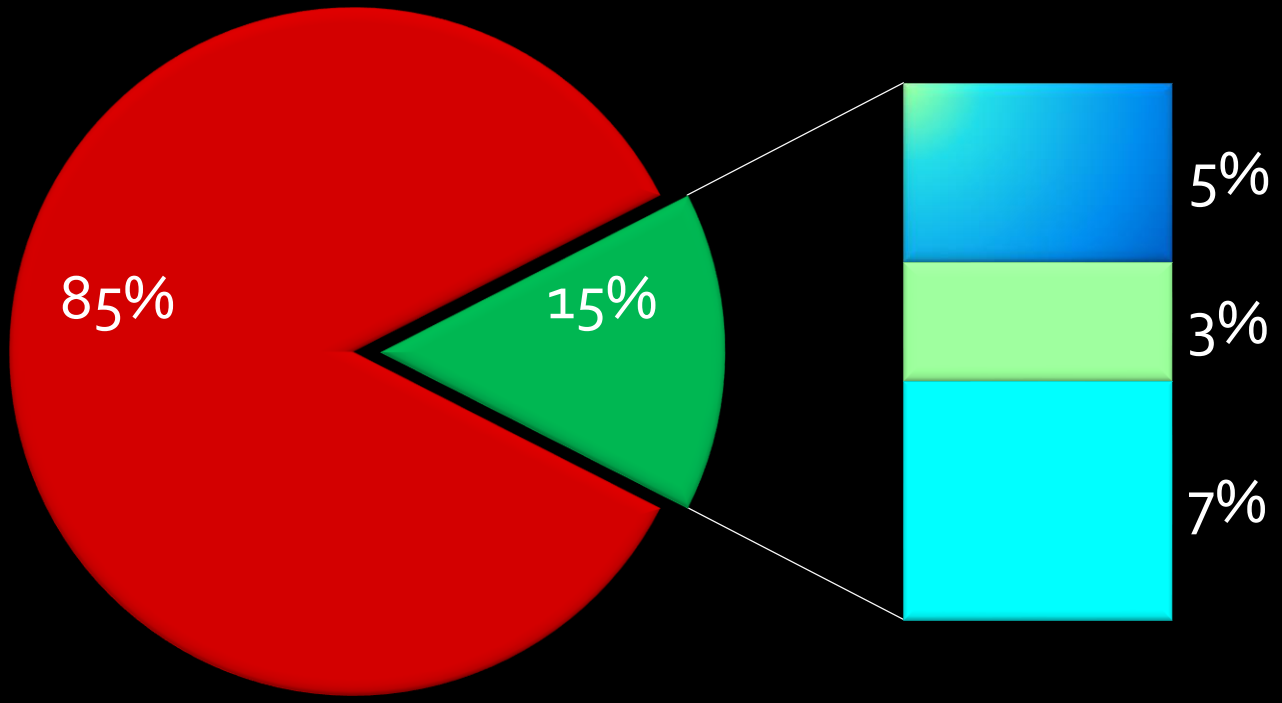
Phase 3: Observations.

Observations:

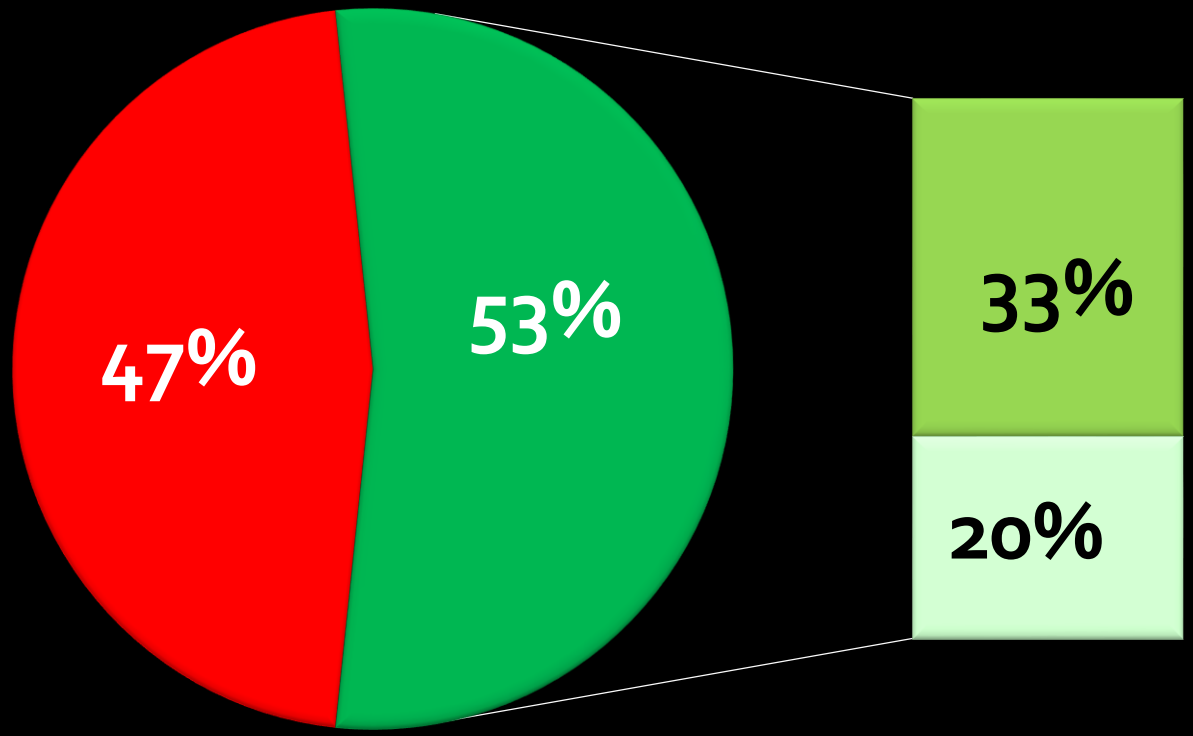
You Consider youself to be



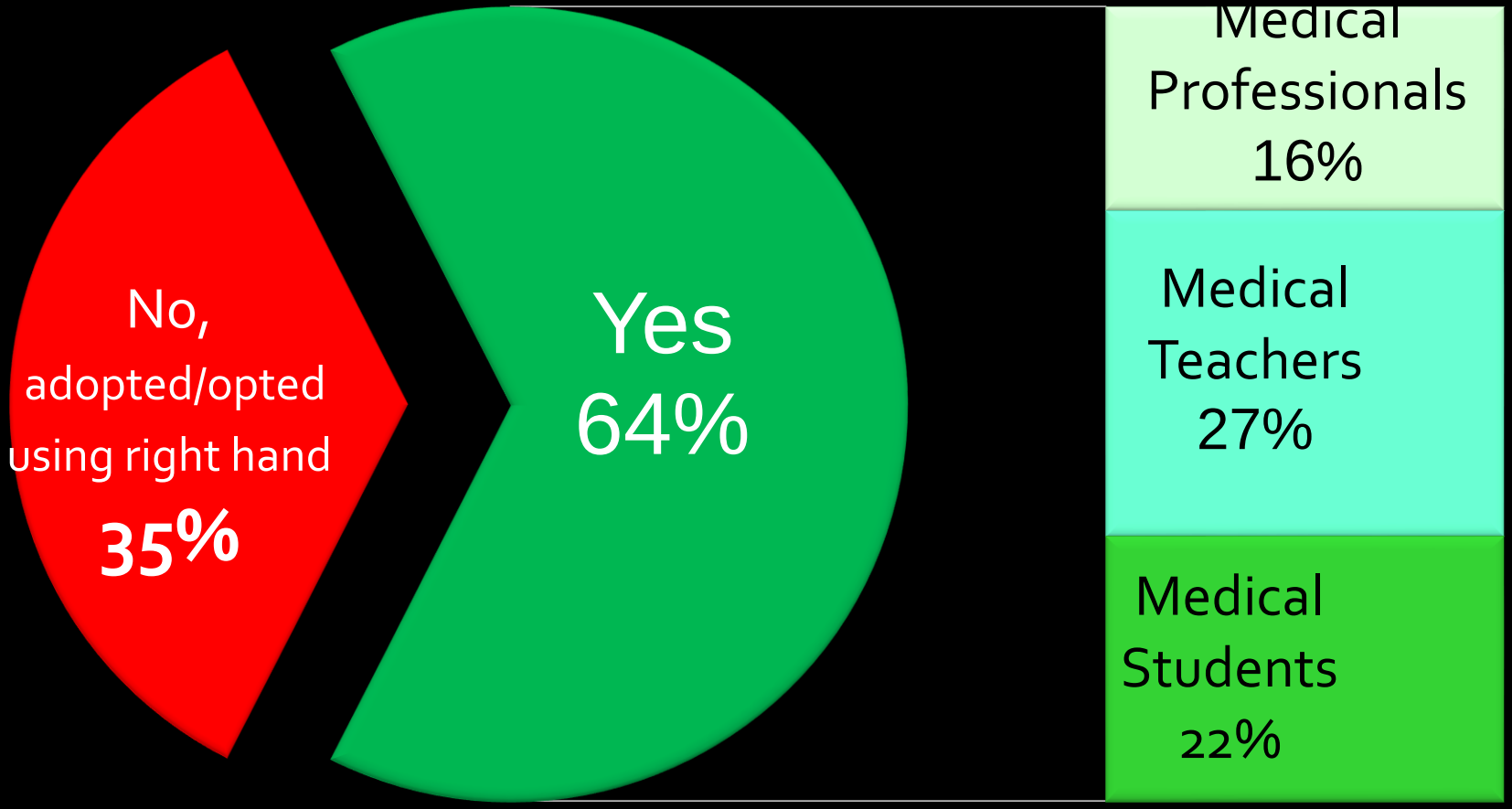
Have you received/ given any guidance, support in form of left handed tools, and information thereof, during your course of study/training/professional practise?



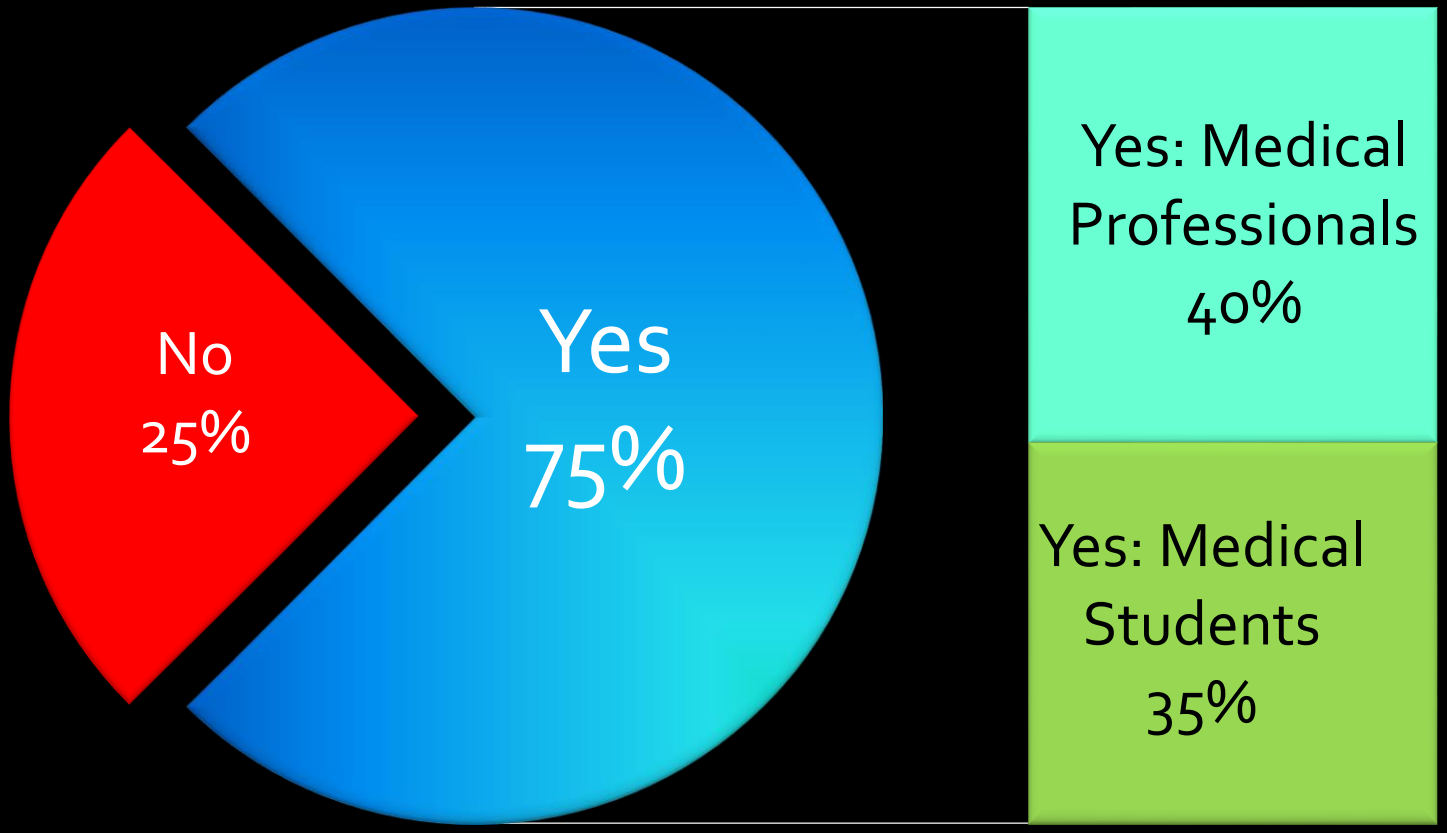
Have you faced any social stigma, compelled to change hand preferences by family members, teachers, peers etc.?



Have you ever felt inconvenience/difficulty using medical equipment/tools/ procedures during the course of you training?



Should there be provision of basic set of left-handed equipments/tools/ procedures and guidance manuals during the course of your training, practice?



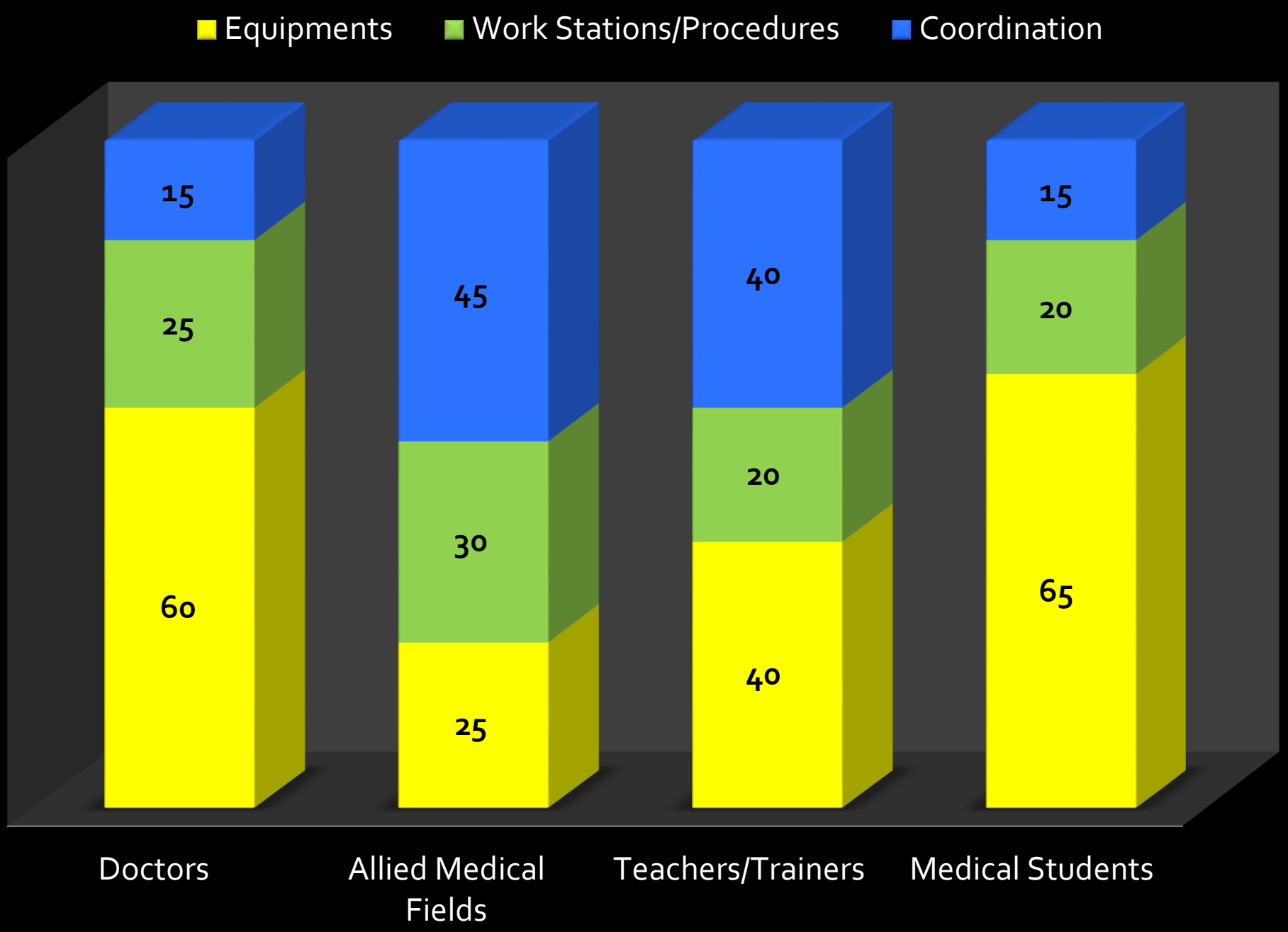
Inconveniences Were felt in..

- Equipments:
- Work Stations/Procedures:
- Coordination: with RH doctors, staff

Major Problems faced by Left handed Medical Professionals

1. Anxiety about laterality
2. Lack of mentoring on lateral preference
3. Difficulty handling traditional instruments
4. Difficulty with minimally-invasive instruments
5. Inconvenience while assisting a right-handed person
6. Pressure to change lateral preference
7. Possible disadvantages with certain procedures
8. Possible advantage with situs inversus

MAJOR AREAS OF DISCOMFORT



Adaptations to :

Special adaptations were made to suit laterality.

- **Neurosurgeon** kept the monitor on his right side during endoscopy. The staff was also positioned on his right side. He also developed a technique to suture.
- One **orthopaedic surgeon** trained himself with mirror to adapt by imagining working in mirror image which made the use of left hand easier.
- The **urologist** completely gave up the use of left-hand in surgery after initial struggling with the instruments during the course of his surgical training.
- The **oncologist** was now able to use the right-handed medical equipments with his left-hand as he had received mentoring by a left-handed teacher who taught him to adapt.

Analysis

Medical Practitioners:

- Medical Practitioners were unaware about any existing facilities suiting to their needs.
- They had to exert to adapt themselves to existing situations.
- They suggested that mentoring at UG level would be very helpful in training.

Medical Students:

- Medical students were aware about the presence of specialised medical equipments suitable for left-handed.
- No specific mentoring or training is given to them and had felt physical discomfort while using right-biased equipments.

Medical Teachers:

- They had understanding that there are some left handed students who face inconvenience but no special mentoring was given.
- The awareness about presence of specialised equipments present in their field was minimal.
- Left Handed Teachers were more considerate, but all acknowledge the difficulties in adjustments during few medical procedures.

In a Parallel Universe



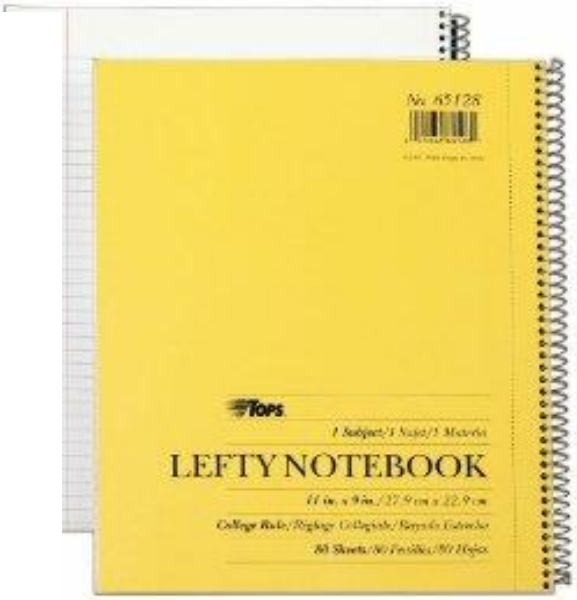






FINALLY !



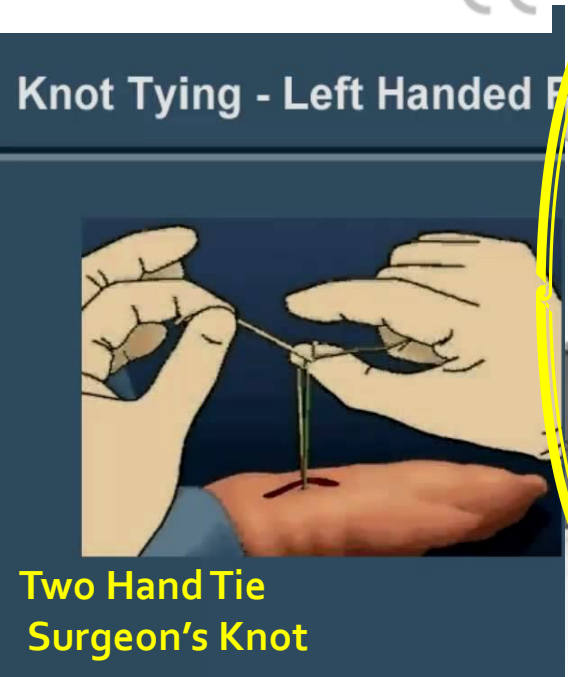




THE CUP FOR LEFT-HANDED !

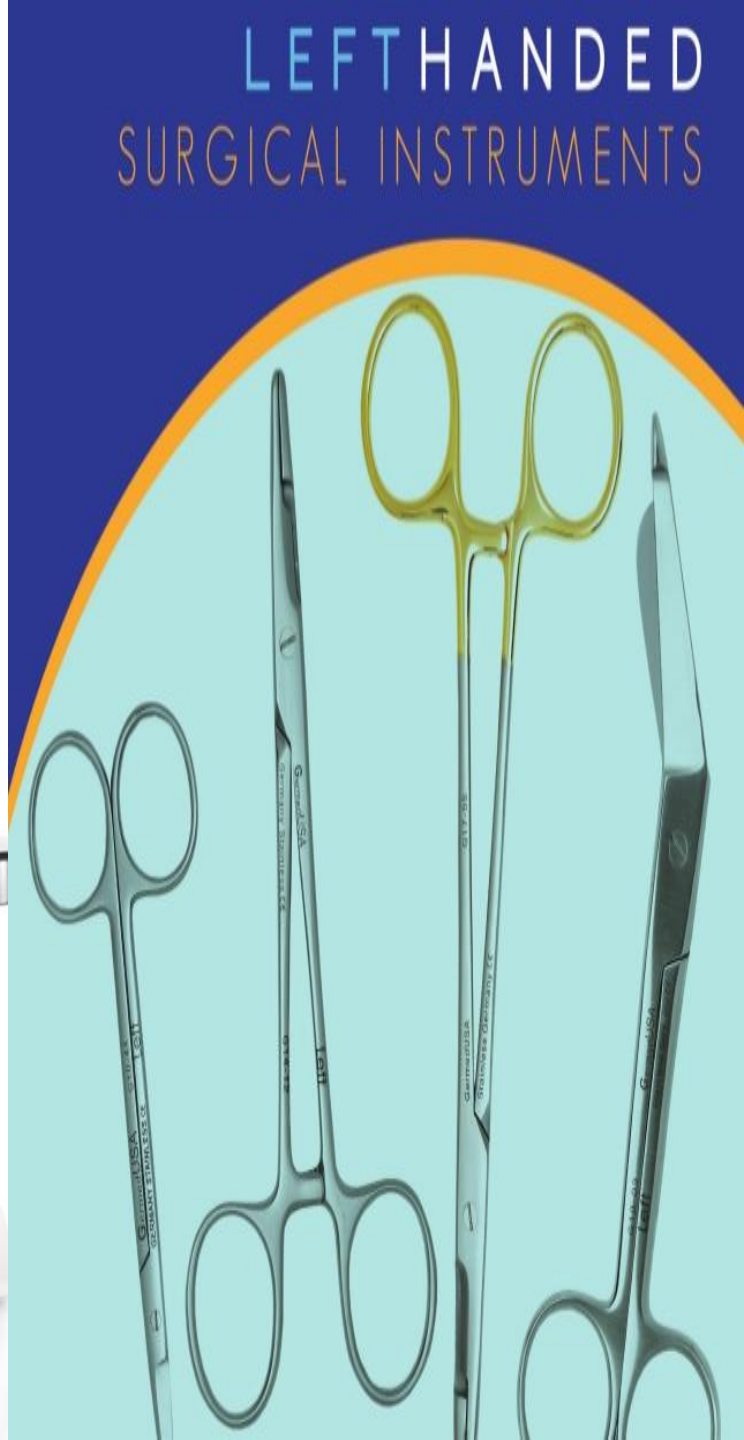
VIA 9GAG.COM





Two Hand Tie
Surgeon's Knot






Left
Handers
August
13th
Day