

OR-STRETCH™

QuickStart Guide



What is OR-STRETCH™?

Operating is Stressful

Meta-analysis study (5152 surgeons)¹

- 68% reported generalized pain
- 71% experienced fatigue

Intervention: Intraoperative microbreaks with exercises²⁻⁴

- Decreased physical pain
- Improved physical performance
- Improved mental focus
- Minimal distractions

OR-STRETCH™

The OR-Stretch app guides surgeons through exercises in the OR



- Developed at Mayo Clinic
- No cost associated with use
- Reminders at microbreak times
- Snooze option if microbreak needs to be delayed
- Guided stretching exercises during each 70 second microbreak
- No need to scrub out
- Exercise either standing or seated



Getting Started

OR-STRETCH™ Website



<https://orstretch.mayoclinic.org>

1. Push "Start Stretching" button
2. Log in with your email
3. Push "Start" when your case begins
4. Push "Go" to stretch – either when the harp sounds or at anytime
5. Push "Stop/Pause" when necessary
6. Choose from the three options when done with the case

Note: Use snooze button to delay the exercises when necessary

Pin the OR-STRETCH™ website to your home screen

Android:

1. Open Chrome
2. Navigate to the website
3. Tap the Menu icon (3 dots in upper right-hand corner)
4. Tap "Add to Home Screen"
5. Choose a name and tap "Add"

iPhone or iPad:

1. Open Safari
2. Navigate to the website
3. Tap the Share icon (box with arrow)
4. Scroll down to list of actions and tap "Add to Home Screen" (If you don't see this action, scroll to the bottom, tap "Edit Actions," and tap "Add" next to "Add to Home Screen" action. After this, you will see "Add to Home Screen" in your actions.)
5. Choose a name and tap "Add"

Implementation

1. Appoint a Surgeon Champion

2. Survey the landscape

- Devices for app use (e.g. OR computer, surgeon's phone)
- OR team member to initiate and guide app use
- Reminders for app use (e.g. add to Time Out, place visual aides)

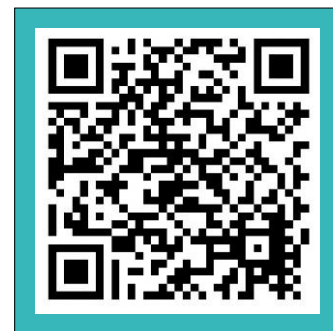
3. Get buy-in from institutional stakeholders

- Leadership – Surgery, Anesthesia, OR Nursing, Surgical Techs
- Faculty/Staff – Surgery Grand Rounds, Anesthesia Grand Rounds, Surgery resident teaching conferences, OR nursing staff meetings, Surgical Tech staff meetings

4. GO FOR LAUNCH!

5. User check-ins, troubleshooting, satisfaction

More information



<https://bit.ly/MayoHFE>

1. Stucky CCH, et al. (2018). Surgeon Symptoms, Strain, and Selections: Systematic Review and Meta-analysis of Surgical Ergonomics. *Annals of Medicine and Surgery*, 27, 1-8

2. Hallbeck MS, et al. (2017) The impact of intraoperative microbreaks with exercises on surgeons: A multi-center cohort study. *Appl Ergon*. 60:334-341.

3. Park AE, et al. (2017) Intraoperative "Micro Breaks" With Targeted Stretching Enhance Surgeon Physical Function and Mental Focus: A Multicenter Cohort Study. *Ann Surg*. 265(2):340-346.

4. Abdelall ES, et al. (2018). Mini Breaks, Many Benefits: Development and Pilot Testing of an Intraoperative Microbreak Stretch Web-Application for Surgeons. *Proceedings of the Human Factors and Ergonomics Society Annual Meeting*. 62(1):1042-1046.