Frequency of Musculoskeletal Disorders among Dental Professionals at a
Tertiary Care Institute of Dentistry

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Abstract

Objective: To assess the frequency of musculoskeletal disorders among dental professionals working at a tertiary care dental institute.

Methods: Descriptive Study Place and duration of study: Armed forces institute of dentistry Rawalpindi Three months (March 2011 to May 2011) Patients and methods Study was a questionnaire based survey. All the doctors working in AFID were included in the study. Doctors were given prepared performa including questions about demographic information like age, gender, time since practicing, average number of patients per day and detail questions regarding musculoskeletal pain disorders and their frequencies. They were given two weeks to fill the performa. A reminder was given after 04 weeks and a second reminder was given after 06 weeks of delivery of Performa. Duly filled performa were scrutinized for the study. Improperly filled performa and empty performa were excluded from the study. SPSS Version 15 was used to extract the results.

Results: A total of 45 Performa were distributed. Thirty eight were received back. Response rate was 84.4%. Three performa were discarded on technical reasons and the rest 35 were included in the study. There were 35 participants, 21 were males and 14 females. Average age was 26.8 years. Average time since practicing was 5.2 years. Average number of patients was seen by the dentist per day was 13.3. Fifty seven percent worked for 6-7 hrs per day while 42.9% (15) worked for 8-10 hrs per day. Ninety seven percent (34) had experienced musculoskeletal pain in the last one year. Seventy seven percent (27) had experienced MSK pain in the last 07 days. Eighteen (48.6%) were prevented from carrying their normal activities due to some MSK problem. Average number of days off work was 2.77 days per year. Frequency of MSK pains in last twelve months was neck pain 28.6%(10), shoulder pain 28.6% (10), lower back 25.7% (9), wrist 11.4%(4) and knee 5.7% (2) as shown in table no 1. Sixty percent of the dentists experienced restriction from activities in the last 12 months.

Conclusion: Musculoskeletal disorders are very common among dental professionals. It mainly involves the neck, shoulder, back and wrists. The possible etiology can be prolonged working hours, abnormal postures for extended period of time and lack of ergonomic awareness.

Keywords: Musculoskeletal disorders, dental professionals, pain.

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