

Title : Prevalence Of Neck And Back Pain In Dentist.

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ABSTRACT -

Objective : Dental professionals commonly experience musculoskeletal pain during the course of their careers. While the occasional backache or neck ache is not a cause for alarm, if regularly occurring pain or discomfort is ignored, the cumulative physiological damage can lead to an injury or a career-ending disability. **Methods:** Study setting –Dental College. Study design – Cross-sectional study. Sampling method – convenient sampling. Sample size – 50. The subjects were selected based on inclusion and exclusion criteria. Proper procedure was explained to all subjects. Written informed consent was obtained from all subjects. Subjects were given Neck disability index and Oswestry disability index for back. Subjects were told to fill the form as per their perception.

Results : Study shows the prevalence of neck pain is more compared to back pain that is 53% and 47% respectively. It also shows that neck pain is more in males whereas back pain is more in females.

Conclusion : From the study we concluded that prevalence of neck pain is 53% and prevalence of back pain is 47% in dentists.

Key words : Neck disability index, Back disability index, Low back pain.

Introduction :

Methods : Occupational health hazards are common^[1, 2]. With promotion of industrial life, the prevalence of musculoskeletal disorders has increased markedly during the past decades^[3]. One reason for this increase is work-related activities^[4]. The most complaints in workers are low back pain (LBP) and neck pain^[5, 6]. Many factors at work could predispose people to develop musculoskeletal disorders. There is evidence for a causal relationship between low back and/or neck injuries and disorders with workplace exposures to forceful exertions, awkward posture, and vibration.

Taking into account all these, dentists who are exposed to such deleterious work-related factors, may be at a higher risk of developing LBP and neck pain^[7,8]. Many dentists believe that overstrained and awkward back postures, taking a static posture for a long time, and frequent bending neck during their work, expose them to develop several musculoskeletal disorders such as LBP and neck pain. Musculoskeletal pain, particularly back pain, has been found to be a major health problem for Dental practitioners.^[9,10,11]

Dental professionals commonly experience musculoskeletal pain during the course of their careers. While the occasional backache or neck ache is not a cause for alarm, if regularly occurring pain or discomfort is ignored, the cumulative physiological damage can lead to an injury or a career-ending disability^[12]. Several dental procedures require the dentist to assume and maintain positions that may have potential disadvantages for their musculoskeletal system.^[13] Their work with patients is often performed with their arms abducted and unsupported and the cervical spine flexed forward and rotated lead to high prevalence of pain in back, neck and shoulder region.^[14]

The study has been conducted to measure prevalence of neck and back pain among dentist in Dental college and to identify the aggravating factors associated with the pain.

Material and Methodology : A cross sectional study was conducted in Dental College.

Subject:-50 subjects were selected on the basis of inclusion and exclusion criteria.

Inclusion criteria :

- The subject must have a 5 years experience in the desired field.
- Subject willing to participate in the study.

Exclusion criteria :

- The subject having history of trauma to spine or surgery of spine.
- Subject having experience of less than 5 years.

Procedure: -After the ethical clearance was obtained, the subjects were selected based on inclusion and exclusion criteria. Proper procedure was explained to all subjects. Written informed consent was obtained from all subjects. Demography was assessed in

beginning (Name, Age, Height, Weight, BMI etc.) Subjects were given Neck disability index and Oswestry disability index and also told to fill the form as per their perception data was analyzed and presented.

Result :

Table No. 1:- It shows gender wise distribution of subjects as males and females.

Sr No.	MALES	FEMALES	TOTAL
Number	30	20	50
Percentage (%)	60	40	100%

Graph No. 1:- Graph shows the total number of subjects in which, 60% subjects included are males & 30% included are females.



Table No. 2 Prevalence of Neck and Back Pain

Sr No.	MALES	PERCENTAGE (%)
Neck Disability	11.34	53
Back Disability	10.26	47

Graph no.2: it shows the mean values of incidence of neck pain is more as compare to the back pain.

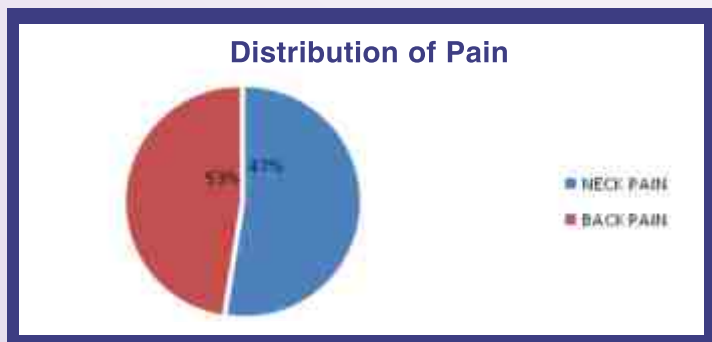


Table No. 3 Distribution of Pain in Neck and Back region in Males

NECK PAIN	11.46
BACK PAIN	10.8

Graph no.3 : Graph shows the mean of neck pain is more compare to back pain in male dentists.

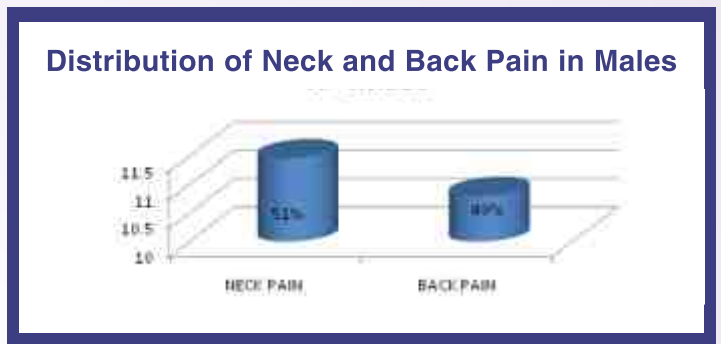


Table No. 4 Distribution of Neck and Back Pain in Females

NECK PAIN	11.1
BACK PAIN	11.75

Graph No.4: Graph shows the mean of back pain is more compare to neck pain in female dentists



DISCUSSION : The prevalence of the pain and discomfort increases by advancement of age and service time of the employees.^[15]

The study on occupational pain in surat city done by Sumit Moradia et al ^[16] revealed that 49 (63.6%) dentists had at least one kind of occupational pain either neck or back or shoulder or combination of it. This study also shows that there is more neck and back pain in dentists.

Study on the musculoskeletal disorders in female dentists and pharmacists done by Omid Aminian et al showed that a large majority of the female dentists reported musculoskeletal disorders, which was in line with previous studies on dentists^[17]. The high frequency of 12 - month period prevalence of neck complaints found among the female dentists in this study was similar to that found in some previous studies.

CONCLUSION : From the study, we concluded that prevalence of neck pain is 53% and prevalence of back pain is 47% in dentists. We also concluded that neck pain is more in males whereas back pain is more in females.

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