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Work-related musculoskeletal pain among different dental specialists in United Arab Emirates

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Background: It is well known that occupational health hazards are commonly found in almost every profession despite all the advances in the medical field. For this reason, occupational health and productivity of the employed population must be continuously studied, and preventive measures should be taken.

Objectives: The aim of this study is to find the prevalence of musculoskeletal pain among different dental specialists in the UAE and to correlate the region of pain with the type of clinical work done by the specialists.

Methods: This cross-sectional study was conducted randomly in dental clinics among different UAE emirates. Two hundred dentists were interviewed and questioned on the number of their years of experience, working hours, presence of pain, region and duration of pain, regular exercising, body mass index (BMI), maintaining an ergonomic position during work, using dental loupes, special chairs, or ergonomic equipment, and the presence of musculoskeletal disorders.

Results: The majority of the dentists who participated in this study were specialists (56%). However, when compared to the number of dentists practicing each individual specialty, the number of interviewed GPs was greater (44%). The interviewed participants had an average of 16 years of clinical experience in their field of practice, and 63% of them were males, while 37% were females. With regards to the musculoskeletal pain, the results of the present investigation have shown that 86.4% of the interviewed dentists have experienced work-related musculoskeletal pain within the past year. From those who experienced pain, 76.9% experienced pain in the neck region, showing that the neck is the region with the highest prevalence of work-related musculoskeletal pain experienced. When relating work-related musculoskeletal pain to exercise, it was found that 51% of the interviewed participants exercise on a regular basis. However, 87% of those who exercise still suffer from work-related musculoskeletal pain. Similarly, 90% of the dentists who do not exercise on a regular basis experience work-related musculoskeletal pain.

Conclusion: In the light of the present findings, we can conclude that maintaining a proper ergonomic position while working is essential to prevent work-related musculoskeletal pain in general and pain characteristic of each specialty.

Biography

Hiba Ibrahim El Khatib was studying Dental Medicine in the University of Sharjah, United Arab Emirates. She is currently student/trainee in the department of Dental Medicine in the University of Sharjah. Her area of research interest is clinical research and current health awareness and knowledge among the population.

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