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Commentary

Dermatologists Face Workplace Ergonomic Factors

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DESCRIPTION

Dermatology has been shown to have high rates of musculoskeletal disorders that can lower quality of life and shorten career potential due to overuse and repetitive injury. According to surveys on dermatology work-related injuries, women report higher pain levels as a result of ergonomic stress. The sites with the highest rates of work-related injury were determined, and specific recommendations were made to address these muscle groups. This work was done in collaboration with physical therapy colleagues. High-stress muscles can be addressed and the likelihood of injury and disability reduced by regular strengthening exercises stretches throughout the workday, and the use of ergonomic tools.

Dermatology practice frequently entails repetitive actions and static postures over prolonged periods of time, which can cause musculoskeletal strain and injury at the workplace. Insufficient clinical equipment and supplies frequently increase this risk. According to dermatology's high rate of musculoskeletal illness and disability. Proposed regular ergonomic instruction beginning in residency and a formal ergonomic assessment particular to our specialty. In light of the dearth of dermatology-specific ergonomic information and solutions available when compared to other procedural specialties, we offer a set of ergonomic recommendations that include regular stretching and strengthening exercises, some of which can be done while at work.

Based on available information and observations by our colleagues in physical therapy, these will target the skin conditions dermatologists' encounter the most frequently. It is not ergonomically ideal for the doctor to be in certain positions while performing numerous routine skin examinations. Because they spend 79% of their time standing, dermatologic surgeons are the group in the field who face the greatest risk. More than half of the surgeons who responded to the survey say they work through pain to avoid having their work suffer.

Survey of Mohs surgeons in practice found that 61% of respondents had shoulder pain, 63% had lower back pain, and 65% had neck pain. Almost all dermatologic surgeons were observed using videotape analysis to have cervical spine flexion of >30° for extended periods of time, which frequently results in chronic neck disorders. The doctor should not be in certain positions while performing numerous routine skin examinations because they are not ergonomically ideal. Dermatologic surgeons are the group in the field who run the greatest risk because they stand up to 79% of the time they work. The majority of surgeons who responded to the survey claim they push through pain in order to keep their work from suffering. In a survey of practicing Mohs surgeons, it was discovered that 61% of participants had neck, 63% had shoulder pain, and 63% had lower back pain.

Almost all dermatologic surgeons were found to have prolonged cervical spine flexion using videotape analysis, which frequently results in chronic neck disorders. Dermatologists may increase their chances of avoiding musculoskeletal injury and disability by designing an ergonomic work environment and engaging in stretching and strengthening exercises.

Similar to other specialties, such as dentistry, better ergonomics and lessening the physical demands of daily work can result in an improved quality of life and a sense of fulfilment.

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