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Risk Factors and Prevalence of Musculoskeletal Disorders among Jordanian Dentists

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Abstract: Abstract Aims of the study: To investigate the prevalence of Musculoskeletal Disorders (MSDs) symptoms (hand/wrist, neck, shoulder and back pain) among dentists and to identify the risk factors associated with these symptoms. Methods: A random sample of 200 dentists (114 males (mean age 40.6 years) and 86 females (mean age 40.1 years) were personally interviewed using a structured questionnaire. The questionnaire assessed age, gender, presence of MSDs, daily working hours, years of experience, working position, participants' knowledge of correct working posture and employment of dental surgeon assistant. Data were processed and analyzed by Chi-square test. P value was set at ≤ 0.05 . Results: The majority of participants were general practitioners (87.5%). 86% of the study sample suffered one or more of the MSDs (back pain (56%), neck pain (47%), shoulder pain (39%) and hand/wrist pain (26%)). Females reported more shoulder pain and less back pain than males ($P=0.001$). Neck, shoulder and back pain were significantly increased among older dentists and dentists with more years of professional experience ($P\leq 0.0001$). More than half of the participants were not aware of the correct working postures (62.5%), the more the awareness of healthy postures the less the hand/wrist, neck and back pain ($P \leq 0.05$). Hand/wrist pain was most prevalent among dentists who only worked while standing while least prevalent among dentists mixing between sitting and standing postures ($P\leq 0.0001$). Conclusions: MSDs are common among Jordanian dentists. There seems to be a substantial need for further training and continuing education on occupational health among Jordanian dentists.