Awareness about low back pain among Dentists

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Article History:
Received on: 04 Jul 2020
Revised on: 04 Aug 2020
Accepted on: 12 Aug 2020

Keywords:
Awareness, low back pain, dentists

Abstract
Musculoskeletal disorders have increased progressively due to various etiological factors. Several occupational factors have been accepted as causatives to these disorders. In dentists, constrained and inconvenient spinal position for back pain, repetitive posture for neck and shoulder pain, and stress are considered as the common causative factors for back, cervical and shoulder complaints. Lower back pain (LBP) is a serious occupational hazard affecting the dentists. This survey was performed with the purpose of assessing the awareness of lower back pain and their remedial measures among dentists. A cross-sectional survey was done with a self-administered questionnaire with ten questions circulated among 100 middle-aged dentists aged between 35-50 years. The questionnaire involved information on lower back pain. The responses were recorded and analyzed. 89% of the respondents were aware of the dangerous effects of lower back pain. 60% said lower back pain is because of excessive bending, 6% said because of wrong sitting posture and 34% said because of wrong standing posture during treatment. 84% feel four-handed dentistry can reduce the incidence of lower back pain. 65% of the respondents have some low back pain. 45% said analgesics as a treatment for lower back pain, 30% said physiotherapy and 25% said exercise as the management for lower back pain. There is an adequate amount of awareness among dentists regarding low back pain. Many are suffering from it, increased therapeutic programs should be undertaken to treat this problem.

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ISSN: 0975-7538
DOI: https://doi.org/10.26452/ijrps.v11iSPL3.2979

INTRODUCTION
Musculoskeletal disarranges have expanded logically because of different etiological variables (Heririn et al., 1986). A few occupational-related elements have been acknowledged as causatives to these clutters. In dental specialists, compelled and strenuous spinal stances for back pain, monotonous stance for cervical and shoulder pain, and stress are considered as the basic causative components for back, neck and shoulder protests (Marras et al., 1993). Lower back pain (LBP) is a genuine word related factor influencing dental specialists.

Physical stacking on the low back, specifically high pinnacle powers and unfriendly trunk stances and movements, have been introduced as supporters of the detailing of low back pain (LBP) in diligence. (Punnett et al., 1991). Total physical stacking of spine is frequently additionally thought to be a hazard factor identified with word related LBP, and some in vitro mechanical proof in regards to unfavourable impacts of exorbitant total stacking on tissues is accessible (Punnett et al., 2000). Proportions of physical requests of employments have not
been unanimously recognized as hazard factors for the announcing of LBP. (Dutta, 2014; Kumar, 1990) The dental specialists are exceptionally inclined for business-related lower back pain because of the iatrogenic interest of treatment. Hence this study was done with an aim to assess the awareness of lower back pain and their remedial measures among dentists.

MATERIALS AND METHODS

A cross-sectional investigation was finished with a self-managed poll with ten inquiries flowed among 100 moderately aged dental specialists matured between 35-50 years. The survey included data on the respondent’s activity history, singular attributes, physical and psychosocial chance variables at work, general wellbeing status, and the event of musculoskeletal objections and lower back pain. Inquiries on physical outstanding burden concerned tedious developments, clumsy working stances in which the back is bowed or turned, delayed sitting or standing, and difficult arm positions like working with hands in over the top fixing or arm abduction and raised arms, and utilization of vibrating instruments. The responses were recorded and analysed.

RESULTS AND DISCUSSION

89% of the respondents were aware of the dangerous effects of lower back pain (Figure 1).

60 % said lower back pain is because of excessive bending, 6% said because of wrong sitting posture and 34% said because of wrong standing posture during treatment (Figure 2). 84 % feel four-handed dentistry can reduce the incidence of lower back pain (Figure 3). 65% of the respondents have some low back pain (Figure 4). 45% said analgesics as a treatment for lower back pain, 30% said physiotherapy and 25% said exercise as the treatment for lower back pain (Figure 5).

A few sorts of biomechanical factors identified with low back difficulties have been accounted for. These include external burden for the hands (Jäger et al., 1991) kinematic factors, and dynamic factors, for example, lumbar snapshots of power and gauges of powers on lumbar spinal structures from biomechanical spinal models. To evaluate work chance, biomechanists analyze spinal burdens like lumbar
Figure 4: Presence of low back pain

Figure 5: Awareness of treatment of lower back pain

Spinal compression, shear and the extensor snapshot of power in the lumbar spine, delivered principally by muscle and tendon, are instances of tissue sticking factors. Obviously, if spine model yields are just mixes of hand power and kinematic inputs and uncover no more data about tissue stacking than the individual sources of info themselves, proper measurable treatment ought to dispose of at least one individuals from exceptionally corres-

sponded blends of these factors. In the event that factors from the yields of a biomechanical spine model are, undoubtedly, wiped out from measurable multivariable models of hazard factors, the proceeded with utilization of spine models to evaluate word related LBP hazard could be addressed due to absence of epidemiological proof to counterbalance contention encompassing suspicions in various models and issues in their immediate approval (Levanon et al., 2016).

This examination uncovered there is a lot of lower back pain issues with practising dentists. Vocational back pain among dental specialists had been accounted for among 37% and over 55%. For other sites, information on the commonness of musculoskeletal grievances is scanty. (Feng et al., 2015) Milorad and Ekowan discovered marginally higher prevalence than in our examination, with 44% for neck and 51% for shoulder discomfort. However, in different reports like our own, prevalences for neck, cervical and shoulder pain have been conferred (Finsen et al., 1998; Rosecrance et al., 1996).

The observed relations in this investigation give proof for additional exploration and strategy making. Further exploration ventures to break down top to bottom psychosocial factors and adapting methodologies engaged with the event and determination of musculoskeletal objections ought to be attempted to reveal more insight into this issue.

CONCLUSIONS

There is an adequate amount of awareness among dentists regarding low back pain. Many are suffering from it, increased therapeutic programs should be undertaken to treat this problem.

Conflict of Interest

The authors declare that they have no conflict of interest for this study.

Funding Support

The authors declare that they have no funding support for this study.

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