

Abstract

Title: Survey of prevalence of musculoskeletal disorders among dentists of Ardabil city in ۲۰۱۵

Introduction: In most countries one of the common cause of occupational injuries is musculoskeletal disorders and chronic pain caused by it. We aimed to assess the prevalence of musculoskeletal disorders among dentists of Ardabil city in ۲۰۱۵.

Materials & Methods: In this cross sectional study, ۸۴ dentists of Ardabil city were enrolled. Nordic questionnaire was used to collect data. Data were analyzed by using Spss ۱۷ software and statistical tests.

Results: The results of this study indicated that ۳۹ dentists (۴۶/۴%) had musculoskeletal disorders. The prevalence of disorders was higher (۵۸/۳%) among dentists over ۳۵ years old and it was statistically significant. This study found a statistically relation between musculoskeletal disorders and non-compliance with a short distance between patient visits, working ۸ hours a day, no possibility of indirect vision with dental mirror and. This study could not find a statistically relation between musculoskeletal disorders and dentist's work experience, although these disorders among dentists with experience of ۱۰-۲۰ years was higher than other dentists. Also this study could not find a statistically relation between musculoskeletal disorders and gender of dentist, using assistant, education of dentist, working in standing or sitting position.

Conclusion: The results of this study showed high prevalence of musculoskeletal disorders among dentists. Therefore, dentists must meet rest cycle and avoid to work over ۸ hours a day. Also it's necessary to train the dentists in the field of biomechanics risk factors and methods of systematic and accurate work.

Keywords: dentist, work-related musculoskeletal disorders, ergonomics, prevalence