

Streszczenie w języku angielskim

The prevalence and symptoms of low back pain and neck pain among dentists and students of dentistry in Poland

Introduction

The musculoskeletal disorders (MSDs) in back and neck are common in dentists. There are a lot of studies that suggest a higher prevalence of musculoskeletal disorders in this professional group. In doctoral dissertation the problem of low back and neck pain was presented among dentists and students of dentistry in Poland.

Aim of study

The aim of this study was to investigate the prevalence and symptoms of low back pain and neck pain in students of dentistry and dentists including the relation between physical, psychological, social, health and other risk factors with the specificity of dental work.

Materials and methods

The survey of study consists of 5 questionnaires: "Neck Pain and Disability Scale" assessing disorders in neck, "The Japan Orthopaedic Association Back Pain Evaluation Questionnaire (JOABPEQ)" containing VAS scale evaluating low back, "The Occupational Role Questionnaire" for dental professionals, "The 12-Item Short Form Health Survey (SF-12)" assessing the quality of life and questionnaire developed by the author. The survey was available online and sent to various public or private dental clinics in Poland. In this study 567 respondents participated (101 students and 466 dentists).

Results

The study found that any musculoskeletal disorders of lumbar spine are reported by 98% of dentists and 97% of students. Any musculoskeletal disorders of cervical spine are reported by 89% of dentists and 87% of students. The average age for dental students is 23.43 years and for dentists is 35.52 years. The mean score for the Low Back Pain section was 60.39% for dental students and 61.16% for dentists. The mean scores on the NPDS questionnaire were 15.05 for dentists and 11.36 for dental students. 64% of dentists and 53% of students find their stress levels at work are moderate. For p -value <0.05 , there was a difference in job satisfaction and cervical and lumbar spine pain complaints depending on gender. Drinking alcohol and smoking negatively affect physical health. The influence of job seniority on cervical and lumbar spine complaints and job satisfaction was shown. There was

no correlation between the following factors: specialization, age, work experience, BMI, height, work position, work with or without assistance, work with magnifying instruments, work with armrests, number of procedures per day on the results in questionnaires evaluating the complaints of the cervical and lumbar spine. Smoking increases low back pain

Conclusions

The study showed that musculoskeletal disorders in the cervical and lumbar spine are a major problem for the Polish population of dentists and dental students. Women report more intensive neckpain and low back pain than men. The more experience dentist has, the more neck pain he or she has. Dentists with more work experience show more lumbar spine mobility problems and perform worse in terms of social life. However dentists with more work experience show better job satisfaction. Cigarette smoking correlates with more lumbar spine complaints. Physical activity in adolescence and adulthood has a beneficial effect on the mental health of dentists and students. Job satisfaction is higher if a dentist works more than 20 hours in a week. Men are more likely to report higher job satisfaction than women. Alcohol consumption has negative effects on physical health in dentists.