

## **Abstract**

### **Background**

Work-related musculoskeletal disorders are injuries or disorders of the muscles, nerves, tendons, joints, cartilage and spinal discs which the work environment and performance of work contribute significantly to the condition and/or the condition is made worse or persist longer due to work conditions.

### **Objective**

To determine the prevalence and association of selected factors with Work-Related Musculo Skeletal Disorders among the dental surgeons working in government health institutions of Western Province

### **Methods**

This was a descriptive cross-sectional study carried out among 332 dental surgeons working in government health institutions of Western Province. A pretested self-administered questionnaire was used for data collection. Association of socio-demographic, workplace related factors with work-related musculoskeletal disorders and impact were assessed using chi square test.

### **Results**

Prevalence of the work-related musculoskeletal disorders was 64.2% (N=332) and disorders in other body regions; neck (39.8%), lower back (31.6%), shoulder (31%) and wrist (25%). Mean age of the study population was 41 years and majority were females (71.4%). Nearly 36% of dental surgeons were working in Outpatient Department and 51% of the dental surgeons were working in both government and private sector. The median years of service, experience was 11 years. Median number of clinical hours per week was 40 hours. Median number of patients treated was 100 per week. Difference in prevalence of work-related musculoskeletal disorders among age up to 40 years and more than 40 years, service experience up to 11 years and more than 11 years, among dental surgeons with postgraduate qualifications and grade dental surgeons were statistically significant. Significant difference in work related musculoskeletal disorders was observed among dental surgeons who work up to 40 years of age and more than 40 hours. None of the other workplace design and practice related factors were significant with prevalence of musculoskeletal disorders.

Associations between work-related musculoskeletal disorders with daily work affected and sleeping disturbances were significant. Association of shortened working time, absence from work, use of analgesics and seek for medical care were not significant with work-related musculoskeletal disorders.

### **Conclusions**

The prevalence of work-related musculoskeletal disorders was high which was significantly associated with several socio-demographic and work design/practice factors.

### **Recommendation**

Scientific researchers are needed to evaluate the impact and risk factors to minimize occurrence of musculoskeletal disorders.

**Keywords : work-related musculoskeletal disorders, dental surgeons, associated factors**