ASSESSMENT OF WRMSD AMONG BRAZILIAN DENTAL STUDENTS

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Abstract

Introduction: Occupational activity of dentists is characterized by a high workload among physical and / or biomechanical factors, involves repetitive movements, the use of force associated with the accuracy and maintenance of static postures and stress, which can facilitate the emergence of musculoskeletal disorders related to work (WRMD) and consequently affect the overall health of these professionals.

Objective: The aim of this study was to investigate the prevalence of symptoms of MSDs among the graduating students of dentistry and its relationship to work activity.

Method: The sample consisted of 183 students from 4-year degree, School of Dentistry, Faculty of Dentistry of Bauru, being 70.49 and 29.51% female gender male. To assess symptoms of MSDs and its relationship to musculoskeletal morbidity Nordic Musculoskeletal Questionnaire was used. Data were analyzed using Kruskal-Wallis and Mann-Whitney test (p <0.05).

Result: In relation to the anatomical location, it was found that the musculoskeletal symptoms concentrated in the cervical region (76.50%), lumbar region (73.22%), dorsal (64.48%), wrist / hand / fingers (60.66%), shoulders (55.74%) hips (44.81%), arms (42.08%), forearm (24.04%) and elbows (22.00%). When comparing the regions with pain, discomfort or numbness between the four years of undergraduate significant difference was found in the neck / cervical between 1st to 3rd year; 3rd to 4th year (p = 0.028), shoulder between the 4th and 1st year (p = 0.004), wrists / hands / fingers between 3 and 1 year (p = 0.028). To assess the relationship between pain, discomfort or numbness in the work activity, a relationship to the cervical regions (p = 0.001), shoulder (p = 0.001), arms (p = 0.002), forearm (p = 0.001) was observed, wrist / hands / fingers (p = 0.001), dorsal region (p = 0.001).

Discussion: The dental professionals are among the first departures of places of work for temporary or permanent disability, where about 30% of the causes is due MSDs, leading to premature abandonment of the profession. Currently in Brazil, the statistics of this pathology are
disabled, but the number of diagnoses is significant, where the country is experiencing an epidemic situation with respect to MSDs.

**Conclusion:** It was found that symptoms of MSDs are present in undergraduate students of dentistry course, with high frequency of complaints related to pain, discomfort or numbness in relation to work activities seems to increase with advancing graduation. These issues deserve the attention of designers and ergonomists to the need to intensify investigations that contribute to reorientation of the forms of teaching dental ergonomics and that the equipment is designed so as to enable the surgeon dentist to adopt healthy attitudes.

**References:**


**Keywords:** Occupational Diseases. Occupational Risks. Occupational Health.