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Musculoskeletal Disorders Among Dental Practitioners in Kulliyah of Dentistry, IIUM Kuantan
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Abstract

Introduction: It is common for dental practitioners to encounter stress, repetitive movements, and prolonged static postures that lead to musculoskeletal disorders (MSD). As a multifactorial disorder, MSD results in discomfort or pain in the affected body area. The MSD can adversely affect one's job performance if the symptoms are left untreated. Hence, this study examined the risk factors, prevalence, and impacts of MSD on dental practitioners from Kulliyah of Dentistry (KOD), International Islamic University Malaysia (IIUM) Kuantan. **Materials and methods:** By adopting the cross-sectional approach, this study assessed the risk factors, prevalence, and impacts of MSD on the study population by using the modified validated Standardised Nordic Questionnaire (SNQ). The questionnaire was disseminated to the study population via online Google Forms. The study population comprised of dental practitioners from KOD IIUM with more than one-year clinical experience. The survey outcomes were analysed via Chi-Square analysis. **Results:** In total, 45 dental practitioners were involved in this study and the response rate was 83%. The results revealed that 86.7% of the participants suffered from MSD in at least one part of their body. Most of them had MSD in their neck region (62.2%), shoulder area (53.3%), and lower back part (48.9%). The common risk factors related to MSD were short breaks, prolonged static posture, and awkward posture. As MSD affected their work capacity, the participants suffered from stress and required medication prescriptions. **Conclusion:** The outcomes support the escalating evidence of the high prevalence of developing MSD among dental practitioners. Effective interventions and ergonomic awareness education should be implemented to minimise the incidence of MSD among dental practitioners to ensure optimum work performance. *Malaysian Journal of Medicine and Health Sciences* (2024) 20(5): 79-85. doi:10.47836/mjmhs20.5.11 © 2024 Universiti Putra Malaysia Press. All rights reserved.

Author Keywords

Dental practitioners; Ergonomics; IIUM Kuantan; Musculoskeletal disorder; Standardised nordic questionnaire

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