

NECK PAIN AND WORK RELATED FACTORS AMONG ADMINISTRATIVE STAFF OF PRAVARA INSTITUTE OF MEDICAL SCIENCES

DURERILE CERVICALE ȘI FACTORII DE RISC DE LA LOCUL DE MUNCĂ ÎN RÂNDUL CORPULUI ADMINISTRATIV AL INSTITUTULUI PRAVARA DE ȘTIINȚE MEDICALE

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Key words: neck pain, administrative staff, musculoskeletal, static posture, stress.

Cuvinte cheie: dureri cervicale, corp administrativ, musculoscheletal, postură statică, stress.

Abstract

Background. Neck pain in particular is considered to be a major health problem in modern societies. Because of the hectic lives, they place more stress and strain on the upper back and neck regions.

Design: A descriptive analytical cross sectional study was carried out. The data was collected by survey and the primary source was direct contact with administrative staff of Pravara institute of Medical Sciences(PIMS) with the help of standard questionnaire.

Method. Fifty administrative staffs of PIMS of age between 25 to 50 years who were having neck pain were taken for the study. Inclusion criteria: males and females with at least one year of work experience in current position. Only willing participants were taken. The subjects first signed the consent form and then they were explained the purpose of the study. They were given the questionnaire to fill. The data was recorded, analysed and conclusions were made.

Results. More than half of the studied participants suffered from neck pain that was gradual in evolution, interrupted in nature, moderate in severity which points out to the muscular origin. 65% of the participants agreed that their neck pain starts and increases because of work, while others agreed sometimes their neck pain prevented them from performing their daily living activities. **Conclusion.** Approximately half of the participants were more than 40 years of age. There was no relation between age and neck pain but there was a relationship between neck pain and gender. Muscle spasm was the most dominant type of pain that was located around neck and both shoulders. The participants suffered from gradual onset of neck pain which was interrupted in nature, moderate in severity.

Rezumat

Introducere. Durerea cervicală, în mod particular, este considerată a fi o problemă majoră a societății moderne. Datorită stilului de viață, se plasează un stress mult mai mare pe trunchiul superior și regiunea cervicală.

Design. S-a recurs la realizarea unui studiu analitic descriptiv încrucișat. Datele au fost colectate prin aplicarea de chestionare, sursa primară fiind contactul direct cu corpul administrativ al Institutului Pravara de Științe Medicale (PIMS). S-au folosit chestionare standard.

Metodă. Au fost luați în studiu 50 de membri ai corpului administrativ al PIMS, cu vârste între 25 și 50 de ani, care prezentau dureri cervicale. Criteriul de incluziune a fost bărbați și femei cu cel puțin un an vechime în postul actual, și care au dorit să participe. Durerea cervicală datorată altor cauze a fost exclusă. Subiecții au semnat un consimțământ, după care li s-a explicat scopul studiului. Au complectat chestionarul. Datele au fost înregistrate, analizate și s-au stabilit concluziile.

Rezultate. Mai mult de jumătate dintre participanți suferă de dureri cervicale cu evoluție gradată, întreruptă, moderată ca intensitate, de origine musculară. 65% dintre participanți au fost de acord că durerea cervicală apare și se accentuează datorită muncii, în timp ce alții au afirmat că durerea a împiedat performarea activităților zilnice. **Concluzii.** Aproximativ jumătate dintre participanți au avut peste 40 de ani. Nu există nicio relație semnificativă între vârstă și durerile cervicale, dar a existat o relație între durerea cervicală și gen. Spasmul muscular a fost forma de durere dominantă și a fost localizată la nivel cervical și umeri. Participanții au suferit de durere cervicală progresivă, întreruptă, moderată ca severitate.

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Introduction

Musculoskeletal disorders in general have become increasingly common world wide during the past decades. It is a common cause of work-related disability among workers with substantial financial consequences due to worker's compensation and medical expenses. [1] Neck pain in particular is considered to be a major health problem in modern societies. It is a very common problem with two-thirds of population having pain at some point in their lives. It is also increasing in intensity, frequency and severity of episodes. As people are increasingly sedentary in nature, live fast-paced and hectic lives, they place more stress and strain on the upper back and neck regions of their spine. [2]

Neck pain is assumed to be multi factorial in origin, implying that several risk factors can contribute to its development. [3] Specifically the work related physical factors and the main physical factors are static postures at work and repetitive movements of neck(neck flexion) [4]

Repetitive upper limb movements which leads to structural impairments such as muscles, joints, tendons, ligaments, nerves, bones and the localized blood circulation system, that are caused or aggravated primarily by work and by the environment in which work takes place.[5]

Work related neck disorders are common problems in office workers, especially among those who are intensive computer users . [6,7,8] The worldwide trend is for people to use computers for longer periods daily, due to increased computer-based tasks at work as well as during leisure activities. It is generally agreed that the etiology of work related neck disorders is multidimensional which is associated with, and influenced by, a complex array of individual, physical and psychosocial factors. Among these various risk factors, work-related psychosocial factors appear to play a major role.

Aim

The aim of the current study was to investigate neck pain and its work related factors among administrative staffs of Pravara Institute of Medical Sciences,Loni

Methods

Study Design:

A descriptive analytical cross sectional study was carried out in Pravara Institute of Medical Sciences, Loni on a convenient sample of 50 administrative employees who suffer from neck pain between 25 to 50 yrs age group.

Neck pain due to any other cause was not included in the study for example, any trauma, head injury, spinal deformities and surgery around neck. Data was collected using face to face structured questionnaire. Collected data was entered and analyzed.

Questionnaire:

The questionnaire was used by previous researchers of The Islamic University – Gaza and was validated.

The questionnaire composed of five sections designed to accomplish the aim of the research, as follows:

1. The first section contained socio-demographic information
2. The second section contained the medical history.
3. The third section contained the information about the suffering from neck pain
4. The fourth section contained the information about the working nature and working environment:
5. The fifth section contained the awareness, knowledge, practices, opinions and directions.

Results

A total of 50 staffs were taken, of which 22% of the participants age was less than 30 years old while 32% were between 30-40 yrs old and 46% more than 40 yrs old.

In the studied population 68% of the participants were males and 32% were females in which 24% were working for less than 5 yrs in the same job, 30% ranged from 5-10 yrs in the same job and 46% were working for more than 10 yrs in the same job.

Among the sufferers, 50% of the participants had muscle spasm, 30% were having tingling and the pain was mostly gradual in onset, moderate in severity and interrupted in nature. There was also relation between work and onset and progression of pain and there was also affection of pain and their daily living activities .

Table : 1 Nature wise distribution of neck pain

Nature of pain	Frequency
Tingling	15
Spasm	25
Numbness	3
Burning	3
Others	4

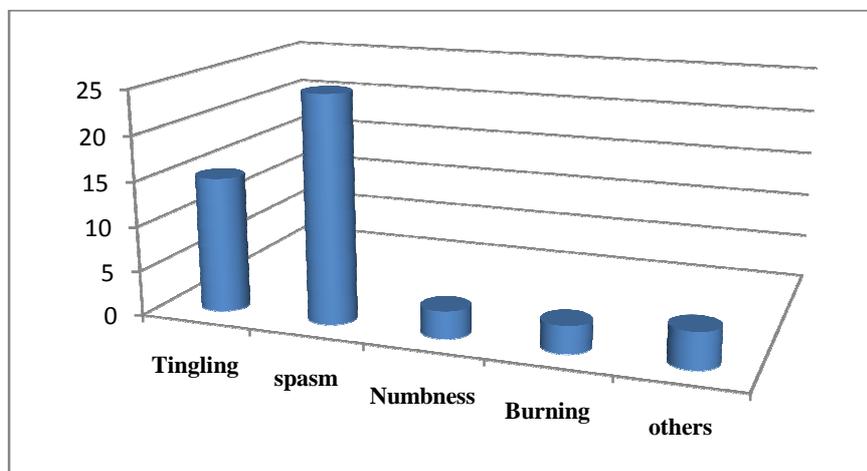
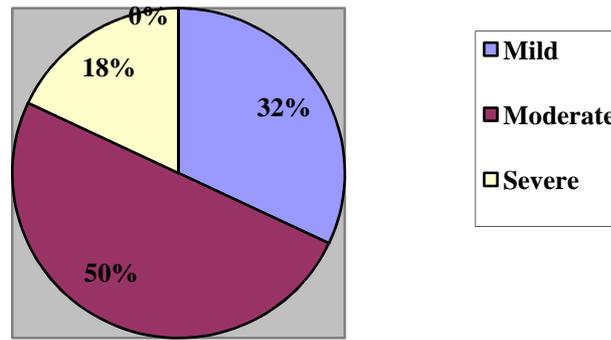


Table 2 : Experience wise distribution of neck pain

No. of years in the same job	Frequency
Less than 5 years	12
5-10 years	15
More than 10 years	23

Table 3: Severity wise distribution of neck pain

Severity of pain	Frequency
Mild	16
Moderate	25
Severe	9
Intolerable	0



Severity wise distribution of neck pain

Table 4: Relation ship between work and neck pain:

Relation between work and neck pain	Frequency
Pain starts	15
Pain increases	23
No relation	13

Table 5: Affection of neck pain on daily living duties:

Affection of neck pain	Frequency
Yes	1
Some times	27
No	22

Discussion

Study population covered the ages from 25 to 50 years old , approximately half (46%) of the participants who had neck pain were above the age of 40 years. [5]

This result shows that higher age increases the risk of neck pain. The risk of neck pain increased until the age of 55. The increase in pain can be understood by increasing degeneration of the cervical spine with age.

In this study; males constitute d 68% of the participants while female constituted 32% of the participants. Moreover there is a relation between gender and neck pain, which agreed with most of the studies.

In the present study the number of males suffering from neck pain was more than females. This may be due to the decreased number of female employees; also males take more work load and responsibilities than females in our culture. This is completely different from what is seen in the western countries where the female worker shares equal job responsibilities, work load and amount of stress as that of her male counterpart. Neck pain is common amongst the administrative workers this is thought to be due to the static posture and load of work that they are obliged to do during the work hours.

Muscle spasm was the most dominant type of neck pain described by almost 50% of the sample. Muscle spasm results from over load imposed on the neck and shoulder muscles.

More than half of the participants suffered from neck pain that was gradual in onset, interrupted in nature and moderate in severity which points out to the muscular origin of pain. 65% of the participants agreed that there is a relationship between their work in the university and the onset and progression of neck pain.

The results of the present study showed that 15.7% of the participants agreed that neck pain always prevents them from performing their daily living activities, and 50.0% from the sample agreed that neck pain sometimes prevents them from performing their daily living activities.

This coincides with other studies which mentioned that among people with neck pain severe enough to seek medical care; pain severity predicted decreased mental well being as well as limitations in ability to perform activities of daily living and related functional capacities. [9]

Conclusion

The present study investigated neck pain and its work-related factors among administrative staff working at Pravara Institute of medical sciences.

The results revealed that onset and severity of the neck pain was dependent on their duration of work and sometimes also prevents them from performing their daily activities.

Conflict of Interest: The author's report no conflict of interest

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