Prevalence of Work-related Musculoskeletal Elbow Pain Among Healthcare Professionals of Lahore City

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Abstract:
Musculoskeletal pain is very common complaint in the workplace and about billions of dollars yearly are spending on work-related musculoskeletal issue. Elbow pain is one of the common complaints in healthcare professionals nowadays. Few studies have been conducted on musculoskeletal pain among healthcare professionals in Pakistan, but not specifically on elbow pain. 

Objective:
To determine the prevalence of work-related musculoskeletal elbow pain among healthcare professionals of Lahore, Pakistan.

Methods:
Cross-sectional study was conducted among healthcare professionals by using convenient sampling technique. Nordic Musculoskeletal Questionnaire (NMQ) of pain was used to assess the prevalence rate of work related elbow pain among healthcare professionals. The data of 210 participants were collected from different healthcare setups of Lahore and were analyzed through SPSS version 21.0 and P-value less than 0.05 was considered significant.

Results:
There were 210 participants including 40 (19%) physician, 30 (14.3%) surgeons, 35 (16.7%) dentists, 37 (17.6%) physiotherapist, 38 (18.1%) nurses and, 30 (14.3%) technologists. The lifetime prevalence of work related musculoskeletal elbow pain among healthcare professionals was reported in 32 (15.2%). There was a significant relationship between ethnicity and musculoskeletal elbow pain. Work-related musculoskeletal elbow pain was also significantly related to age, gender, occupation, and working hours. 

Conclusions:
The lifetime prevalence of work-related musculoskeletal elbow pain among healthcare professionals was reported in 32 (15.2%). The lifetime prevalence of work-related elbow pain was significantly related to age, gender, occupation, and working hours. Therefore, the lifetime prevalence of work-related musculoskeletal elbow pain among healthcare professionals of Lahore, Pakistan is relatively high.
Dentist
Technologist

Table 3: Bi-variates analysis of occupation and elbow trouble

<table>
<thead>
<tr>
<th>Occupation</th>
<th>Elbow Trouble</th>
<th>Yes</th>
<th>No</th>
<th>Total</th>
<th>chi²</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physicians</td>
<td>6 (13.5)</td>
<td>34</td>
<td>40</td>
<td>40</td>
<td>0.003</td>
<td>0.929</td>
</tr>
<tr>
<td>Surgeons</td>
<td>6 (20.0%)</td>
<td>24</td>
<td>30</td>
<td>30</td>
<td>0.003</td>
<td>0.929</td>
</tr>
<tr>
<td>Dentists</td>
<td>11 (31.4%)</td>
<td>24</td>
<td>30</td>
<td>30</td>
<td>0.003</td>
<td>0.929</td>
</tr>
<tr>
<td>Physiotherapists</td>
<td>5 (15.1%)</td>
<td>32</td>
<td>35</td>
<td>35</td>
<td>0.003</td>
<td>0.929</td>
</tr>
<tr>
<td>Nurses</td>
<td>1 (2.6%)</td>
<td>37</td>
<td>38</td>
<td>38</td>
<td>0.003</td>
<td>0.929</td>
</tr>
<tr>
<td>Technologists</td>
<td>3 (10.0%)</td>
<td>27</td>
<td>30</td>
<td>30</td>
<td>0.003</td>
<td>0.929</td>
</tr>
</tbody>
</table>

Conclusion: This study concluded that work-related musculoskeletal elbow pain among health care professionals of different settings of Lahore. Dentists, surgeons, physicians and physiotherapists had much prevalence of elbow pain than others (nurses, technologists etc.) because of nature of their job.

References:

