

Global Congress on Integrated Healthcare

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Under The Patronage of his Excellency Dr Yousef Goussous

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Ergonomic factors and its relation to musculoskeletal injuries among medical students during the lockdown of COVID-19

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Abstract

Background: Musculoskeletal pain (MSP) and injuries are common among students who study at high intensity for long periods, and this problem has been aggravated by the switch to online learning during the COVID-19 pandemic.

Objective: To identify the prevalence of MSP related to physical ergonomic factors among medical students in Mutah University, and to detect the relation between MSP and sociodemographic factors, lifestyle and study habits as well as medical characteristics of the medical students.

Method: A cross-sectional study was conducted among 258 medical students at Mutah University, using a reliable and validated online survey questionnaire which was adapted from Standardized Nordic Questionnaire and Dutch Musculoskeletal Questionnaire.

Data were statistically analyzed using SPSS version 25.

Results: 93.8% of all students had at least one site of MSP in during the past year (96.6% of females, and 90.3% of males, $p=0.038$), with neck pain being the most common site of pain occurring in 74.4% of students. Moreover, MSP prevented almost two-thirds (61.2%) of students from carrying out their usual activities in the last year, while only (29.8%) of students went to a physician due to MSP in at least one site in the past year. Of those who reported MSP in the past year, 54.1% spent more than 9 hours a day studying during exam periods. 68.6% of students who reported MSP in the past year at any site exercised for less than 75 minutes per week.

Interestingly, 97.2% of students who use printed materials to study suffered from pain in at least one area in the last year ($p=0.049$)

56.1% of students with high BMI (>25) suffered from pain in at least one site that was severe enough to have a negative impact on their studying ($p=0.013$).

Conclusion: MSP was rather high among medical students at Mutah University, and was higher than the prevalence among medical students in other countries based on previous literature. The study's findings suggest that medical school administrators should take steps to avoid MSP caused by medical school-related variables.



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Biography

Suliman Mazahreh is a third-year medicine student at Mutah University. His passion for research started from a young age while observing how his father changed the world around him through research and education. After graduating from Amman Baptist School with a top score in IGCSE/A-level examinations, he is enthusiastic about implementing what his father had started in his own field into the world of medicine and is looking forward to continuing the legacy of making a difference and helping those around him.