MUSCULOSKELETAL DISORDERS AMONG COMPUTER USERS IN SELECTED AREAS OF DHAKA CITY

SM Hossain[1], MR Amin[1], Z Ahmed[1], MAH Bhuyan[2], MA Tarafdar[3], S Huq[1]

[1]Dept of Public Health, Northern University Bangladesh; [2]Shahjalal University of Science and Technology, Sylhet; [3]Department of community Medicine, Jalalabad Ragib-Rabeya Medical College

A descriptive type of cross-sectional study was conducted to observe the pattern of musculoskeletal disorders among the computer users in some selected Physiotherapy Centers of Dhaka city with a sample of 400 from January to April, 2013. Age limit of the respondents were 16 to 55 years with the mean age 33.58±12.326 years. Among them 69.2% were male and 30.8% female. Almost 60% respondents were married. Respondent's educational status were graduation 37%, Higher Secondary 33.8% and post-graduation degrees 18% and the rest primary and secondary level of education. Among the respondents 80.8% used desktop and 49.2% used laptop. Duration of computer use per day by the respondents were 51.5% 1-5 hours, 41.8% 6-10 hours and 6.5% 11 hours and above with mean duration 8.42±3.685 hours. Of them 56.5% used adjustable and 54.2% comfortable chairs. All most 99% respondents complained pain during computer use and 77.8% of them mentioned pain on over stress sitting posture. Among the respondents 75.2%, 48%, 30.8%, 22.5% complained neck, back, shoulder and upper back pain respectively with 73.2% intermittent, 29% radiating and 25.2% continuous pain. As per pain grading scale 26.2% respondents had mild, 44.5% moderate, 21.8% severe and 7.5% intolerable pain. Among them 22.2% had cervical spondylosis, 12.5% carpal tunnel syndrome, 8.8% De Quervain diseases, 6.2% tennis elbow, 2.2% golfer's elbow, 61.2% had eye strain, 41.8% headache and 10.5% central obesity. A significant association between severity of pain with age, sex and duration of computer use was found with P-value?0.05. An increasing number of skilled to semi-unskilled professionals are engaged in computer use in this age of digitalization and effective preventive measures to be sorted for musculo-skeletal disorders.