



PERCEPTIONS OF EMPLOYEES IN PRE-UNIVERSITY EDUCATION REGARDING OSTEO-MUSCULAR-ARTICULAR OVERLOAD. IMPLICATIONS IN PREVENTIVE RECOVERY PROGRAMS

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Abstract

Introduction. The onset of osteo-muscular-articular disorders is favoured by overload in the occupational environment. Being frequently diseases with progressive evolution, aggravated by the continuation of occupational exposures, with disabling potential and decreasing quality of life, it requires first of all preventive programs at work.

Material and methods. In 3 school units the following variables were evaluated based on a questionnaire comprising the following:

- employees' perceptions on exposures and overloads at work
- Disabilities of the Arm, Shoulder and Hand (DASH)
- Roland Morris Disability Scale
- self-efficacy scale
- demographic characteristics: position, gender, type of residence, age, seniority in the unit.

Results. In the total group of 86 participants, there are significant differences of some variables according to the function of the employees: Self-efficacy is minimal in drivers and workers and maximum in secretaries, teachers and accountants ($p = 0.03$). The DASH score has the minimum value for secretary, having the maximum value for drivers ($p < 0.001$). Forced positions are least reported by secretaries, teachers, accountants and most recorded by workers ($p < 0.001$). Manual manipulation of the masses is reported by the least accountants, secretaries and at most carers and workers ($p = 0.003$). The significant, positive correlation present in each of the 3 school units is between the Forced Positions and the Manual Handling of the Masses ($p = 0.011$).

Conclusions. The perceptions of the employees in education on the osteo-muscular-articular overload, frequently do not correlate with the chronoprofessionogram. Although the drivers have osteo-muscular-articular overload, they do not report it in the questionnaire. Success in occupational programs for the prevention of diseases of the musculoskeletal system is conditioned primarily by awareness of the practical significance of overloads of the musculoskeletal system by workers. These data show the importance of involvement of the physiotherapist at least at the beginning of occupational program.