

The most common occupational diseases among dentists from the Republic of North Macedonia



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An occupational hazard is a risk or hazard that occurs as a consequence of the nature or working conditions of a particular profession. Dentists are exposed to a number of occupational hazards during their work. These include: exposure to infections, percutaneous exposure incidents, dermatitis, radiation, noise, musculoskeletal disorders, psychological problems, respiratory disorders, and eye insults. Percutaneous exposure incidents are a major concern, as exposure to serious infectious agents is a major risk.



The aim of our research is to determine how many of the dentists in the Republic of North Macedonia suffer from occupational diseases, which of them are the most common and what they take to protect themselves, and for the realization of our research, we had a survey questionnaire. Consideration should be given to minimizing such risks and their consequences, including sound infection control practices, as well as continued hepatitis B education and vaccination.



When asked if they feel pain in certain parts of the body, 10 of the examined dentists answered yes, that is 47.62%. And as the most common place where they feel pain is the neck and back, 7 of the examined dentists or 33.33% declared that they sometimes feel pain and it was mentioned arms, shoulders and legs. Only 4 of the dentists or 19.05% declared that they did not feel pain. According to the results obtained from the surveyed doctors, only 3 of them or 14.29% do body stretching exercises after each patient, 7 of them or 33.33% do it sometimes, and the most i.e. 11 dentists or 52.38% answered that they don't do stretching exercises.



At the end of the working day, eighteen or 85.71% of the surveyed dentists stated that they sometimes feel nervous and tense, three or 14.29 stated that they never feel nervous and tense and none of them stated that they always feel after working day feels nervous and tense.

Basically, dentists should be aware of individual protection and appropriate sterilization and use of disinfectants with a high antibacterial and antimicrobial effect. A tense posture at work disrupts musculoskeletal alignment and leads to curvature of the spine. This pose also involves certain muscle groups and joints. This can lead to diseases of the musculoskeletal system.