

MIND YOUR BODY - PRESERVE YOUR CAREER: THE IMPORTANCE OF ERGONOMICS IN DENTISTRY



Mary Govoni, MBA, CDA, RDH brings 50+ years of experience in dentistry as a Certified Dental Assistant and Registered Dental Hygienist, with both clinical and administrator experience in general and specialty practices. Mary is a former dental assisting educator and was a partner in a successful dental staffing service.

For the past 30 years, Mary has focused on speaking and consulting with dental teams on infection prevention, OSHA compliance, HIPAA compliance, ergonomics, chairside efficiency, and team communication and development. Mary has published numerous articles in professional journals, is a Past President of the American Dental Assistants Association, serves on the Corporate Council for Dimensions of Dental Hygiene, member of the Speaking and Consulting Network, and the Organization for Safety Asepsis and Prevention.



Mind Your Body - Preserve Your Career: The Importance of Ergonomics in Dentistry

Did you know that Musculoskeletal Disorders (MSD's) are the #1 reason dentists retire early from practice? In this webinar, Mary Govoni MBA, CDA, RDH focuses on the importance of ergonomics and shares strategies to prevent MSD's.

FOUR KEY TOPICS



Recognize the most common ergonomic risk factors in dental operatories



Identify MSDs common among dental professionals

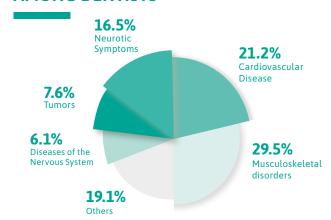


Assess PPE, equipment and instruments for



Discuss interventional strategies to prevent ergonomic injuries

REASONS FOR EARLY RETIREMENT AMONG DENTISTS¹





WHAT ARE WORK-RELATED MSD'S?2

Injuries that affect the human body's movement or musculoskeletal system, affecting muscles, tendons, joints, ligaments, nerves, spinal discs, cartilage, and blood vessels

MOST COMMON MUSCULOSKELETAL **INJURIES IN DENTISTRY**

- Carpal Tunnel Syndrome
- Cervical disc injuries
- Low back pain and disc injuries
- Thoracic Outlet Syndrome

SIGNS AND SYMPTOMS

- Decreased range of motion
- Decreased grip strength
- Loss of normal sensation pain

Remember Posture and Glove Selection are Important for Reducing: Stress on joints, ligaments

and tendons

stressors

Range of motion Muscle fatigue

Potential for MSD's

Psychological effects of physical

- Cramping of muscles
- Dropping objects

PREVENTATIVE MEASURES







Work in Neutral Posture

Patient Positioned at Proper Height

Reduce Unnecessary Motions





Sit in Stable Position

Minimize Fatigue

Move and Stretch Throughout the Day







Maximize Lighting to Reduce Eye Strain

Enhance Environmental Conditions

GLOVE BASICS ^{3,4}				
MATERIAL	STRENGTH & DURABILITY	ERGONOMIC DESIGN	GRIP	ALLERGENIC POTENTIAL
Latex	Higher Stretch In Use Failure Rate - 1-3%	Gold Standard for Comfort	High	 Type I Latex and Type IV Chemical Allergies High Risk
Neoprene	Higher Abrasion In Use Failure Rate - 2-5%	Thickness & Composition	Medium High	Type IV Chemical AllergiesMedium - Low Risk
Nitrile	Higher Puncture In Use Failure Rate - 1-3%	Thickness & Composition	Medium	Type IV Chemical AllergiesMedium Risk
Vinyl	In Use Failure Rate - 26-61%	Thickness & Composition	Low	 Type IV Chemical Allergies, Contact Urticaria Low Risk

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