

NECK PAIN AMONG OTOLARYNGOLOGIST, HEAD AND NECK SURGEONS

Eulaf Hassan Alaadah, Al-Khatib T, Hamdi A, Abdalwassie L, Alharbi A and Alem A
King AbdulAziz University Hospital, Saudi Arabia

Introduction: Neck pain is one of the most frequent complaints among general population. However, health care professional and Otolaryngologist are particularly vulnerable to this phenomenon.

Objective: To determine the prevalence of neck pain among Otolaryngologist, head and neck surgeons (ORL HNS). Furthermore, to assess the influence of neck pain on their quality of life.

Subjects and methods: A cross-sectional study was conducted during the 10th International Saudi Otorhinolaryngology Head & Neck Surgery Conference on March 2016, Jeddah, Saudi Arabia. The study included ORL HN surgeons.

Results: A total of 92 samples were collected. The most prevalent was general ORL doctors with a percentage of 32.6, followed by rhinologists with a 28.3%. As years of experience and the days of operation per month might have an influence on the rate of neck pain, most of our physician a 48.9% had an experience of 5-20 years. A high percentage of 81.4% was complaining from neck pain, 14.1% of them reported that this symptom is affecting their work. Some had stiffness, weakness and paresthesia with a 49.2%, 5.1% and 8.5% respectively. The Neck Disability Index was calculated, which showed that 34.8% had mild disability, 54.3% had moderate disability and 10.9% had severe disability.

Conclusion: It appears that the rate of operating days per month does affect the neck and the personal life of the doctor so does the years of expertise as it shows that with increase of workload the neck symptoms and its affect increases as well.

Recent Publications

1. H. Alhozali, A. Almusallam, D. Bakheet, E. Badawood, E. Alaada, H. Alturkistany, L. Abdalwassie, M. Abdulhaq, M. Alshammari, M. Alharbi, M. Tallab, R. Jamal Aldeen, R. Jabbar, S. Hawsawi. Level of Knowledge of Chronic Kidney Disease among Adult Patients at King Abdulaziz University Hospital. International Journal of Scientific Research. VOLUME-6 | ISSUE-3 | MARCH - 2017 • ISSN No 2277 - 8179 | IF : 4.176 | IC Value: 78.46.
2. S. Bahlas, S. Rammal, M. Alsharif, E. Alaadah, R. Melibary, A. Alhazmi. (2015). Pregnancy Outcome in Systemic Lupus Erythematosus Patients with Negative Antiphospholipid Antibody. Advances in Environmental Biology, 9(24), 307-311.
3. S. J. Al-Ghamdi, E. AlAadah, B. J. Alghamdi, A. AlBanna. Restrictive Pulmonary Function Pattern And It's Impact on Asthma severity. ATS journal. AmJRespirCritCare Med 191;2015:A4203.

Biography

This is Eulaf Hassan Alaadah, had the bachelor degree of Medicine and Surgery from King AbdulAziz University on 2016. During 2017, she finished her internship training and got accepted in the Saudi board of OtoRhino-Laryngology– Head and Neck Surgery. She is passionate in doing research activities, teaching and volunteering. Her career vision is Seeking an impeccable medical knowledge to be a leading medical doctor, a researcher, and a developer for medical & educational services in the society.

elaf.ha@hotmail.com