

12th Annual Congress on Dentistry and Dental Medicine
6th International Conference on Dentistry and Oral Health

April 28, 2023 | Webinar

Occupational hazards in dental staff Military Hospital Prince Sultan institution

Adhwa Almutairy

Prince Sultan Military Medical City, Saudi Arabia

Introduction: Occupational hazard can be defined as a risk to a person usually arising out of employment, hazards that arise from working environment. There are 5 occupational categories. The Occupational Safety and Health Administration describes them as: chemical, physical, biological, electrical, psychological hazards. Dental professionals are predisposed to many of occupational hazards. That includes exposure to infections (including Human Immunodeficiency Virus and viral hepatitis); percutaneous exposure incidents, dental materials, radiation, and noise; musculoskeletal disorders; psychological problems and dermatitis; respiratory disorders and anxiety. Therefore increase the level of awareness of occupational hazards among the dental staff and also to provide information on the ways in which hazards can be reduced.

Aim: To expose occupational hazards that dental staff are exposed to while working and prevention methods that can be done to prevent it.

Background: Occupational hazards refer to a risk or danger as a consequence of working conditions of a particular employee. In the field of Dentistry, dental staff work in an extremely hazardous environment. The hazards include the following: Infectious hazards: Needles and other sharp objects, splatter, and aerosols can transmit viral infections such as life-threatening infections such as acquired immunodeficiency syndrome and hepatitis B. Bacterial infections also play an important role. The leading causes that should be concerned are syphilis and tuberculosis. Psychological hazards: Stress is the leading psychological condition that occurs in the dental profession. Allergic reactions: Gloves containing latex are the main causes of the allergic skin irritation. Objective Dentistry is a noble profession in an extremely complex field with a wide variety of specialties providing services to people around the globe. Therefore, knowing the various occupational hazards that dentists encounter during their daily routine is of utmost

importance, because these hazards may affect their outcome of their treatments and can even lead to disabilities.

Prevention: Ways to prevent some of the occupational hazards that can be considered applicable and controlled by the staff are anxiety disorders that can be done, joining anxiety management programs, which should include all dental staff. Stress management workshops for stress-relieving exercises like deep breathing, listening to audiotapes, and effective relaxation of body parts; Regular physical activity or exercises, meditation, and desensitization. The use of antidepressants or anti-anxiety drugs in extreme conditions. Practicing positive thinking in negative situations. Learning interpersonal communication skills or how to deal with conflict. Ways to prevent musculoskeletal problems include: practicing a good posture while working and applying four-hand dentistry. Taking periodic breaks and stretching between appointments. Avoiding static postures for long periods and shifting the workload from one group of muscles to another. Observing proper posture techniques during procedures. Acquiring education about musculoskeletal health and disorder prevention. Sharing the workload with team members. There are some ways to prevent allergic reactions to latex. Avoid repeated exposure to latex. Use cornstarch powder-free gloves. Take antihistamines and corticosteroids to help control inflammatory reactions. In the case of anaphylactic shock, epinephrine is the drug of choice along with intravenous fluids.

Biography

Adhwa Almutairy is a Senior dental assistant working in Prince Sultan Military Medical City, Saudi Arabia since 2018. Adhwa Almutairy graduated from International Academy of Health Sciences in Riyadh, Saudi Arabia in the year 2013. She underwent a 3-month mini-residency training program in dental assistant.

adhwa2mutairy@gmail.com

Received Date: March 01, 2023; **Accepted Date:** March 03, 2023; **Published Date:** May 24, 2023