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Prevalence of voice disorders in primary level school teachers of Nepal: A pilot study

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Among professional voice users' teachers are found to be at an exceptionally high risk of developing voice problems because of stress inherent in their occupation and the environmental conditions in which they work. In this pilot study conducted in the Terai region of Nepal we determine the prevalence of voice disorders in primary level school teachers and aetiological factors associated with it. Out of 137 teachers, 72 had voice disorder accounting prevalence of 52.6%. Tobacco has statistical significance with voice disorder whereas drinking alcohol and using chalk were not associated with it. Our conclusion was majority of teachers afflicted with the problem were female and increasing teaching experience and use of tobacco were the main risk factor.

Speaker Biography

Bedajit RK has obtained his MS (Otorhinolaryngology) degree in the year 1999 from Manipur University, India. He was a Senior Faculty in Regional Institute of Medical Sciences a medical center of the Ministry of Health, Government of India. He is at present the Professor and Head in the Department of ENT, Nobel Medical College & Teaching Hospital, Nepal and has over 20 publications. He is also the examiner of Kathmandu University Nepal and various other Universities of India and the former President of the North East Branch of Association of Otorhinolaryngologists of India (NEBAOI). Participate in International, national and regional conference/workshop/CME as Chairperson, speaker and panelist.

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