

Work related musculoskeletal disorders among University teachers

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Background: Studies on work-related musculoskeletal disorders (WMSDs) among various occupational groups had been published in Nigeria. However, such surveys among university teachers who are saddled with lots of academic workloads amidst poor remunerations, criticism, propaganda and blames by the Nigerian government and citizens seem modest.

Purpose: The study was design to investigate the prevalence and pattern of work-related musculoskeletal disorders among university teachers.

Methods: This was a cross sectional survey that employed non-probability convenient sampling technique to enroll 118 eligible, willing and volunteer faculty members at the College of Health Sciences, Nnamdi Azikiwe University, Nigeria. The participants completed a self-administered Nordic Musculoskeletal questionnaire on WMSDs from which data were obtained; summarized and analyzed using descriptive and inferential statistics of Chi-square (X²) respectively. Alpha level was set at 0.05.

Results: The age range and mean age of the participants in years were 28-53 and 37.35±6.30 respectively, and those with age range of 28 - 37 years were in preponderance (53.4%). Females constituted 60.2% and married participants accounted for 79.9%. The prevalence of WMSDs among the participants was 74.6%, with a higher prevalence found among the female (78.9%) and married (85.1%) participants. The wrists/hands (89.7%) were mostly affected, followed by lower back (84.1%), shoulder (67.1%) and neck (64.8%). Age, marital status, educational level and years of working

experience were significantly associated ($p < 0.05$; p -value = 0.001 for each) with WMSDs.

Conclusion: A high prevalence of WMSDs existed among the participants, and the females had a higher prevalence of this disorder than their male counterparts. Although, substantial proportion of the participants reported to have undergone ergonomic training. The high prevalence of WMSDs seen in this study did not show that they really underwent such training; thus, it is imperative and behooves on physiotherapists to further train and retrain these staff on proper ergonomics at workplace.

Keyword: Nordic Musculoskeletal Questionnaire, Work-related Musculoskeletal Disorder, Academic Staff.

Biography

Stanley M Maduagwu is a Senior Lecturer in Physiotherapy at the Nnamdi Azikiwe University, Nigeria; and presently a volunteer Senior Lecturer in Physiotherapy at the Kampala International University, Uganda. He has a BSc degree in Physiotherapy, Msc in Orthopaedic and Sports Physiotherapy and PhD in Exercise Physiology; with additional Master degree in Health Planning and Management. He is well published with over 50 publications in national and international peer review journals. He reviews manuscript for handful of well recognized journals, serves as an editor and editorial member to couple of reputable international journals. His PhD proposal on HIV and Exercise won the Medical Education Partnership Initiative in Nigeria (MEPIN) Award (Number: R24T008878) funded by the Fogarty International Center and the National Institute of Health, the Health Resources and Services Administration (HRSA) and Office of the U.S. Global AIDS Coordinator.

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