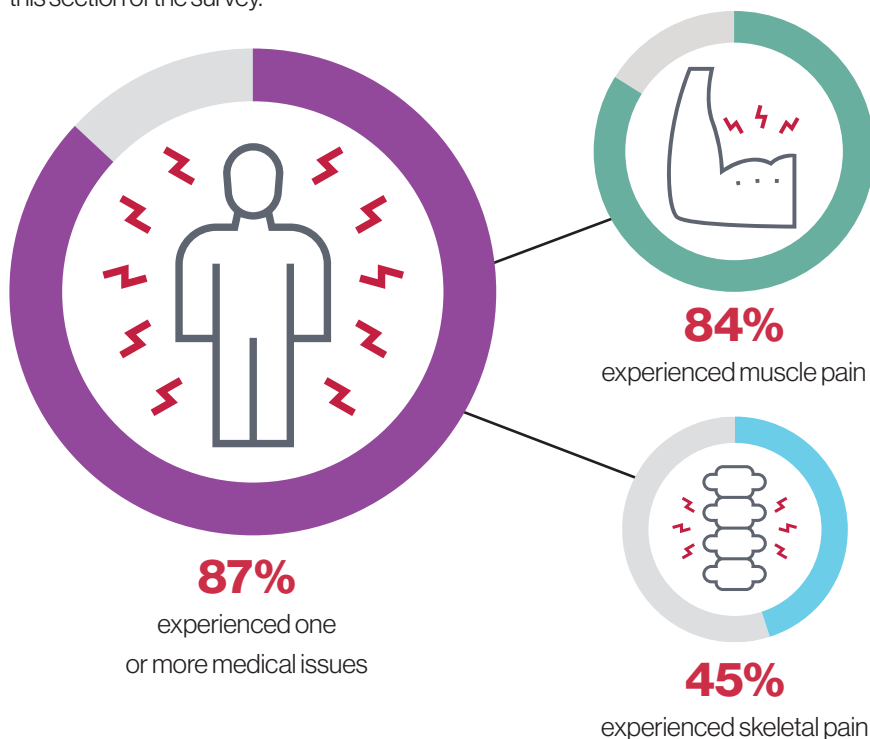


2023 Healthy & Respectful Workplace Survey: Work-Related Pain or Discomfort

As part of the 2023 Healthy and Respectful Workplace Survey conducted by the Canadian Dental Hygienists Association (CDHA), members were asked to indicate their experiences with any work-related medical issues (including pain or discomfort), the areas of the body affected, and the impact of those issues on their lives within the past 12 months of their career as a dental hygienist. We thank the 2,464 members who responded to this section of the survey.



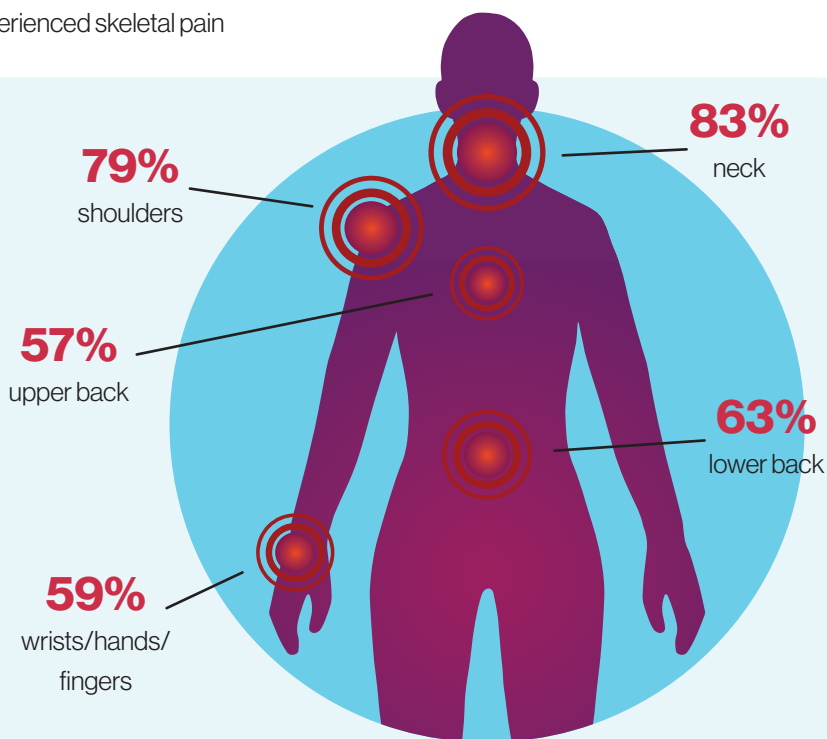
Medical Issues Experienced

- At least 87% of respondents experienced one or more medical issues, with the most common issue being muscle-related pain (84%) followed by skeletal pain (45%).
- Nerve pain (32%), vision issues (26%), and psychological conditions and mental health disorders (22%) were the next most common.
- Approximately 10% of respondents indicated that they had not experienced any work-related medical issues over the past 12 months.

Areas of the Body Affected

The most common areas identified by the majority of respondents were the neck (83%), shoulders (79%), lower back (63%), wrists/hands/fingers (59%), and upper back (57%).

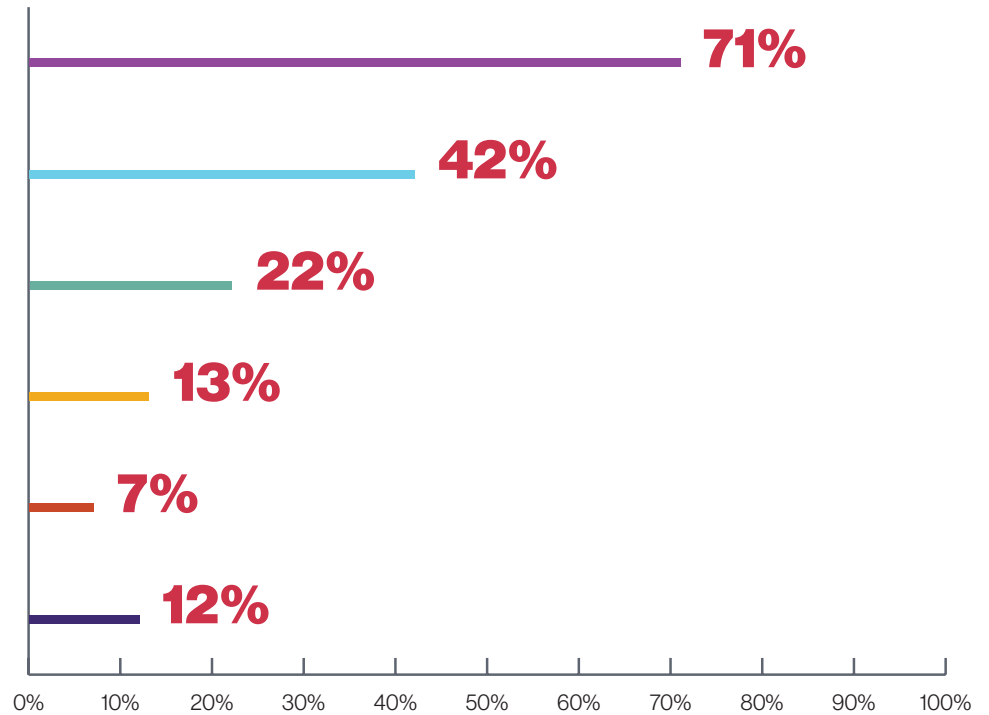
These percentages have increased since the question was asked as part of CDHA's 2021 Job Market & Employment Survey.



Impact of Work-Related Pain or Discomfort

Respondents reported that they:

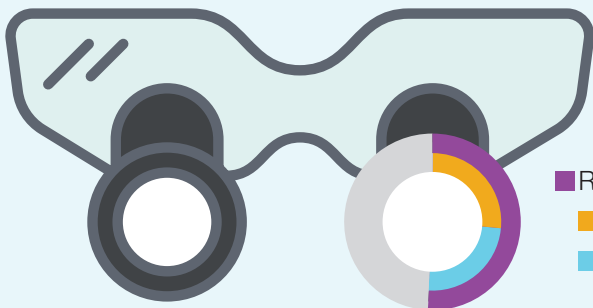
- lived with the pain and sought treatment
- lived with the pain and tolerated it
- reduced their hours at their workplace
- experienced reduced efficiency and performance
- took a leave of absence from their workplace (e.g., sick leave)
- indicated that their work-related medical issue did not impact their ability to work



Approximately 6% of respondents reported that they lost all interest in the dental hygiene profession, 4% resigned or quit their job, and 2% stopped working in a clinical setting because of pain or discomfort.



Respondents noted that their work-related pain impacted the quality of their home life.



- Respondents who use loupes
- Use of loupes ≥6 years
- Use of loupes ≤5 years

Use of Loupes

Just over half (51%) of respondents confirmed that they use loupes. Approximately 52% of respondents who use loupes have been doing so for six years or more while 48% have used loupes for five years or less.

Conclusion

Dental hygienists experience high rates of pain and discomfort due to the nature of their work. It's important for dental hygienists to take steps to maintain a healthy body and psychologically well mind. CDHA members can use the resources in the Physical Health and Ergonomics (cdha.ca/PhysicalHealthandErgonomics) and Psychological Well-Being (cdha.ca/PsychologicalWell-Being) subsections of the Healthy and Respectful Workplace web pages and take advantage of CDHA's Member and Family Assistance Program offered through Homewood Health (cdha.ca/homewood) to maintain overall wellness to enjoy a long, healthy career and life outside the profession.