

# “Prevalence Of Musculoskeletal Foot Pain Among Medical Professionals”

MUKUND KUMAR<sup>1</sup>, DR. JYOTI SHARMA (PT)<sup>2</sup>

<sup>1</sup>BPT Student, Department of Physiotherapy, Galgotias University, Greater Noida, India

<sup>2</sup>Assistant Professor, Department of Physiotherapy, Galgotias University, Greater Noida, India

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## Abstract

**Background of the Study:** Musculoskeletal foot aches always developing hassle for medical professionals. Medical doctors are suffering from MFP in plenty of amounts. The study aims to evaluate the causes of musculoskeletal foot pain (MFP) among medical professionals and determine the prevalence of MFP in this population. The study also aims to investigate the correlation between age, weight, and MFP in medical professionals.

**Method:** This study is a cross-sectional descriptive investigation of musculoskeletal foot pain among medical professionals in one small hospital in Bihar, India. The population of the study is medical professionals in the hospital, aged between 25 and 65, who are suffering from musculoskeletal foot pain. The sample size of the study is 30 doctors. The inclusion criteria are that the participants must be suffering from musculoskeletal foot pain, willing to participate in the study, and present at the time of data collection. The exclusion criteria are that the participants must not have a severe musculoskeletal foot pain condition and must not be complaining of any kind of headache or dizziness. The data analysis method for the study is a musculoskeletal-based questionnaire survey design using the Foot Health Status Questionnaire, which will be distributed among the sample using simple random sampling and convenient sampling techniques. The study setting is one small hospital in Bihar, India.

**Results:** This research to discover the correlation between age, weight, also FHSQ rankings. The analysis interpreted that both age and weight showed a moderate correlation with the FHSQ ratings. Within the 30 common doctors surveyed it's far calculated that a hundred % of them are affected by musculoskeletal foot pain. The prevalence charge of MFP in each male is 70%, women 30%, docs 30%, physiotherapists 30%, nurses 20%, and pharmacists 20%.

**Conclusion:** Medical doctors go through more than one musculoskeletal foot pain that notably influences the work output. As we understand from our examination that they are exposed to a substantial kind of discomfort in their everyday lifestyles. This has a look at confirmed a prevalence charge of one hundred% of MFP on medical professionals. The incidence of musculoskeletal foot ache amongst medical doctors became maximum in decreased legs, and feet.

**Key Words:** Foot pain, Pain, MFP (musculoskeletal foot pain), FHSQ (Foot Health status Questionnaire).

## INTRODUCTION

Foot pain may be very common. Foot pain has long been regarded as fantastically usual in older scientific specialists, affecting scientific specialists elderly over sixty-five years. 80% of health facility scientific specialists are affected by musculoskeletal Foot pain may also expand for some motives like fracture and contamination are the various maximum severe even as sprains and arthritis are the various maximum common(1). Foot pain is excessive pain, swelling, or incapability to bear weight are "alert" signs that might indicate serious damage to a bone or ligament. The foot becomes part of the maximum complicated components of the group(2). It consists of 26 (Twenty-Six) bones linked through different joints, muscles, tendons, and ligaments. To base comes vulnerability on several strains. Feet troubles can purpose ache, redness, or wounds. These troubles can bring about restricted motion and mobility(3).

Musculoskeletal foot pain can motivate big troubles each day health centre scientific experts an incidence on disable feet ache amongst to overall populace comes pretty large, toward as much as 30%. It is likewise not unusual to place more youthful hospitals scientific experts, and 50% of male and girl hospital scientific experts among 21- and forty-year-old held skilled affecting feet ache within a preceding year(4). Emphasizing from feet becomes predicted as far as better in nurse than with inside from well-known populace and hospitals scientific experts, due to the fact male and girl scientific experts generally stroll up to eight to 9.6 kilometres in 12-hours shifting(5,6). Accordingly, from prevalence to feet aches had become suggested as far as higher, given that ache damage from pleasant to each painting and each day life(7).

Foot ache may be weakening as far as lively life. Foot aches will need multiple sources, with ruptures or twists as far as nerve disorder. The foot is a difficult community of bones, ligaments, tendons and muscles. Strong sufficient to undergo your frame weight, your foot may be susceptible to damage and aches(8). Your toes undergo weight while you're status and assist you to get in where you want to go(9). Foot pain refers to any pain or pain in single or greater elements of the foot, which include the following: Foot pain can affect any part of your foot, out of your ft in your Achilles tendon in the back of your heel and soles. Pain withinside the foot can contain any part of the foot(10). Abnormalities of the skin, nerves, bones, blood vessels and tender tissues of the foot can bring about foot pain(11).

The MSFP in doctors are associated with operating locations, ineffective position, common as well as automatism, intense connecting portions, layout also notebook arrangement, length also a wide variety of investigations continuously(12). These elements equal blended through different elements of equal duration as well as a bodily hobby that regulate hazard with improvement on MSFP withinside a particular person(13).

## NEED FOR STUDY

Musculoskeletal Foot Pain are very not unusual to place trouble for personnel and institutions. Hospital Nurses and medical doctors are one of the biggest agencies which are tormented by MFP. It is an awful lot studied by nursing and fitness specialists and medical doctors. Nurses and Doctors are tormented by MFP in the biggest numbers of good enough evaluations of the chance confronted via way of means of them are researched. The predominant advocate of this take a look at is to discover the superiority and MFP elements confronted via way of means of Nurses and Doctors.

## METHODOLOGY

This study is a cross-sectional descriptive investigation of musculoskeletal foot pain among medical professionals in one small hospital in Bihar, India. The population of the study is medical professionals in the hospital, aged between 25 and 65, who are suffering from musculoskeletal foot pain. The sample size of the study is 30 doctors. The inclusion criteria are that the participants must be suffering from musculoskeletal foot pain, willing to participate in the study, and present at the time of data collection. The exclusion criteria are that the participants must not have a severe musculoskeletal foot pain condition and must not be complaining of any kind of headache or dizziness. The data analysis method for the study is a musculoskeletal-based questionnaire survey design using the Foot Health Status Questionnaire, which will be distributed among the sample using simple random sampling and convenient sampling techniques. The study setting is one small hospital in Bihar, India.

## RESULT

The study aimed to evaluate the prevalence of musculoskeletal foot pain (MFP) among medical professionals and investigate the correlation between age, weight, and MFP. The study found that among the 30 doctors examined, 9 (30%) had MFP. Similarly, 30% of physiotherapists, 20% of nurses, and 20% of pharmacists surveyed had MFP. Additionally, the study found that 70% of male doctors and 30% of female doctors had MFP. The correlation analysis found a slight positive correlation between age and MFP ( $R = 0.38$ ) and a negative correlation between weight and MFP ( $R = 0.073$ ). These findings suggest that MFP is prevalent among medical professionals and that age and weight may be contributing factors.

**Table no 1 shows the Prevalence of MFP in medical professionals**

Variables	No medical professionals with MFP	Percentage
Doctors n =30	09	30%
Physiotherapist n= 30	09	30%
Nurse n =30	06	20%
Pharmacist n=30	06	20%

**Table no 2 shows the correlation of FSHQ with Age and Weight in medical professionals**

Correlation between Age, Weight also FSHQ rankings		
	Age	Weight
FSHQ Rankings	R=0.38	R=0.073

## DISCUSSION

Musculoskeletal foot pain among, equally characterised as musculoskeletal foot pain such results obtained foot pain. Musculoskeletal foot pain among equal to the most ordinary problem they trip medical professionals. It's far suggested mean it considerably impacts first-rate lifestyles by interfering with the painting's capability of the person. Musculoskeletal foot pain is an essential reason as long as the improvement concerning disability as well as illness leaves causes a socio-monetary liability on the character. As all of us realize health practitioner profession may be quite worried as well as believe themselves easily affected by a large number of bodily pains also diseases because of a couple of bodily exposures to numerous styles atmospheres. Extended paintings artworks, unsuitable functional locations, incapable situations, automatism, intense mutual locations, as well as deficiency relaxation periods placed them in a better capacity danger of musculoskeletal foot pain.

The principal reason they have a look at this is to discover the prevalence of threat elements confronted by docs. In this observation, 30 medical doctors in the everywhere medical institution were surveyed with the use of the Foot Health Status Questionnaire and the records becomes classified. Incidence records had been collected from the questionnaire and tabularized. The correlation between age also weight. Of 30 docs evaluated 21 had been males and nine ladies. Of 30 medical doctors, 30 had been stricken through musculoskeletal foot pain providing a prevalence of a hundred%. This better incidence visible in our observation can be due to the circumstance wherein docs exercise in India. The opposite maximum normally stated work-associated musculoskeletal issues amongst doctors. This is probably because of the extended status time and on foot which may be very not unusual places through Indian medical doctors. Combine the blood withinside from the decreased foot as well as ft because of touch strain and extended sitting withinside the identical role is likewise a motive for the better price of decreased leg and foot pain. Out of 30 doctors assessed 9 were affected by musculoskeletal foot pain giving an incidence of 30%. Had been broadly speaking aware of musculoskeletal foot pain. As part of its works exist regular duration-ingesting as well as demand prolonged periods status in a lounge role, automatism, high density, exact motion, as well as complicated strategies make doctors greater prone to musculoskeletal foot pain problems.

Ergonomic changes in the procedure room, as well as conduct amendments, represent should be recommended prevalence of musculoskeletal foot pain among doctors. Out of 30 physiotherapists assessed 9 were affected by musculoskeletal foot pain issues providing a frequency of occurrence of 30%. The consequences assign lesser support, and shin bone, also hinges are more often than not impacted by physiotherapists. The superiority of musculoskeletal foot pain by physiotherapists may be the result of non-stop remedy classes of the big variety of sufferers in equal roles while not having enough relaxed durations. Furthermore, evaluation from clients through

incubation in awkward positions additionally goes a long way as far as the musculoskeletal foot pain by physiotherapists. Insufficient ergonomics focus, as well as appropriate pointers, are every other component main to accidents. Change of place of work from adoption relaxed positions might be useful as far as reduced from the fee of musculoskeletal foot pain troubles. Of 30 nurses evaluated 6 were affected by musculoskeletal foot pain issues providing a frequency of occurrence of 20%. The consequences assign lesser support, and shin bone, also hinges are more often than not impacted by the nurse. The superiority of musculoskeletal foot pain by nurses may be the result of non-stop remedy classes of the big variety of sufferers in equal roles while not having enough relaxed durations. Furthermore, evaluation from clients through incubation in awkward positions additionally goes a long way as far as the musculoskeletal foot pain by physiotherapists. Insufficient ergonomics focus, as well as appropriate pointers, are every other component main to accidents. Change of place of work from adoption relaxed positions might be useful as far as reduced from the fee of musculoskeletal foot pain troubles. Of 30 pharmacists evaluated 6 were affected by musculoskeletal foot pain issues providing a frequency of occurrence of 20%. The consequences assign lesser support, and shin bone, also hinges are more often than not impacted by the pharmacist. The superiority of musculoskeletal foot pain by pharmacists may be the result of non-stop remedy classes of the big variety of sufferers in equal roles while not having enough relaxed durations. Furthermore, evaluation from clients through incubation in awkward positions additionally goes a long way as far as the musculoskeletal foot pain by physiotherapists. Insufficient ergonomics focus, as well as appropriate pointers, are every other component main to accidents. Change of place of work from adoption relaxed positions might be useful as far as reduced from the fee of musculoskeletal foot pain troubles. 21 male doctors from 30 evaluated equally discovered as far as have trouble with whatever musculoskeletal foot pain disclosure a frequency of occurrence of 70%. These consequences display such lower lesser support, shin bone also feet exist from hardest-hit regions in male medical doctors.

Of 30 female medical doctors evaluated 9 remain considered aware of musculoskeletal foot pain troubles exposure and frequency of occurrence 30%. Feet, lesser support had been from the maximum injured area in female medical doctors. Among the most significant helping elements since feet, which also have lesser support ache comprise because using fallacious foot carries that cannot assure good enough protection also helps lead as far a bad position equalize. From correlation among age, also weight is affected in the investigation. It was proved that been observed a slight relationship between age also weight MFP. That suggests such age isn't always an impartial danger thing for MFP. Elderly people exist at risk of MFP because of reduced purposeful potential and also as they grow older variations inside from frame. Maximum from those medical doctors who had been now not affected by each musculoskeletal foot pain in which from age institution 25 to 65 years old that in addition pressure from correlation among age also musculoskeletal foot pain issues. Age, weight and MFP indicate a moderate correlation among other things will rise from obesity resulting in mechanical strength against muscle. Reduced positional balance also grows later in intervertebral stress positions from a character at an increased threat of inflicting musculoskeletal foot pain.

## CONCLUSION

The principal purpose of that survey changed to recognizing the superiority also threat caused among medical professionals. Medical doctors go through more than one musculoskeletal foot pain such considerably affects efficiency. Since we apprehend away we observe that they may be uncovered to a sizeable form irritation of their everyday living. Such observation revealed an incidence frequency of occurrence 100% from MFP upon medical doctors. Even though the various female medical doctors examined have been reduced have proven an increased frequency of occurrence of musculoskeletal foot pain from male medical doctors. The prevalence of musculoskeletal foot pain was greater appropriate for physiotherapists, and nurses in comparison to pharmacists. The prevalence of musculoskeletal foot pain among medical doctors became maximum in the lower legs, and feet. Age, also weight also had a significant effect on MFP.

## Future scope of the study

This study aimed to evaluate the prevalence of musculoskeletal foot pain (MFP) among medical professionals and investigate the correlation between age, weight, and MFP. However, the study has several limitations.

1. The sample surveyed was relatively small and not representative of the entire population of doctors, so the results may not be generalizable to the larger population.
2. The number of female doctors examined was quite low, so the results may not be representative of the entire population of female doctors.
3. The questionnaires were filled out by the participants themselves, which may lead to bias as participants may underreport their pain.
4. Education on proper handling techniques and prevention of MSD was not emphasized in the study.
5. Management for MSD was not administered in the study.

These limitations suggest that further research may be needed to better understand the prevalence and causes of MFP among medical professionals and to develop effective management strategies.

**Conflict of interest:** - There is not any conflicting interest.

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