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Health and Wellness of Dental Hygienists

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Health and Wellness of Dental Hygienists

Degree Type

Capstone Project

Degree Name

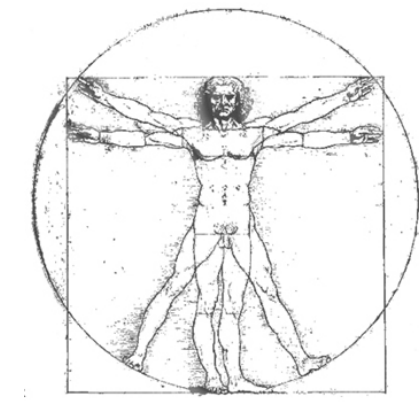
Bachelor of Science

Subject Categories

Dental Hygiene

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PICO Question

For dental hygienists with work-related health concerns, what complementary health approaches are most effective at improving health and wellness?

Research

- 80% of hygienists suffer from musculoskeletal pain or injury^{1,2}
- A clinical career increases stress, anxiety, and depression^{1,3,4}
- Hygienists can prevent injury and maintain their health and wellness with proper knowledge^{1,5}

Mission and Goals

Mission:

To inform and educate practicing dental hygienists on different methods to improve health and wellness, for the purpose of ensuring long and fulfilling careers.

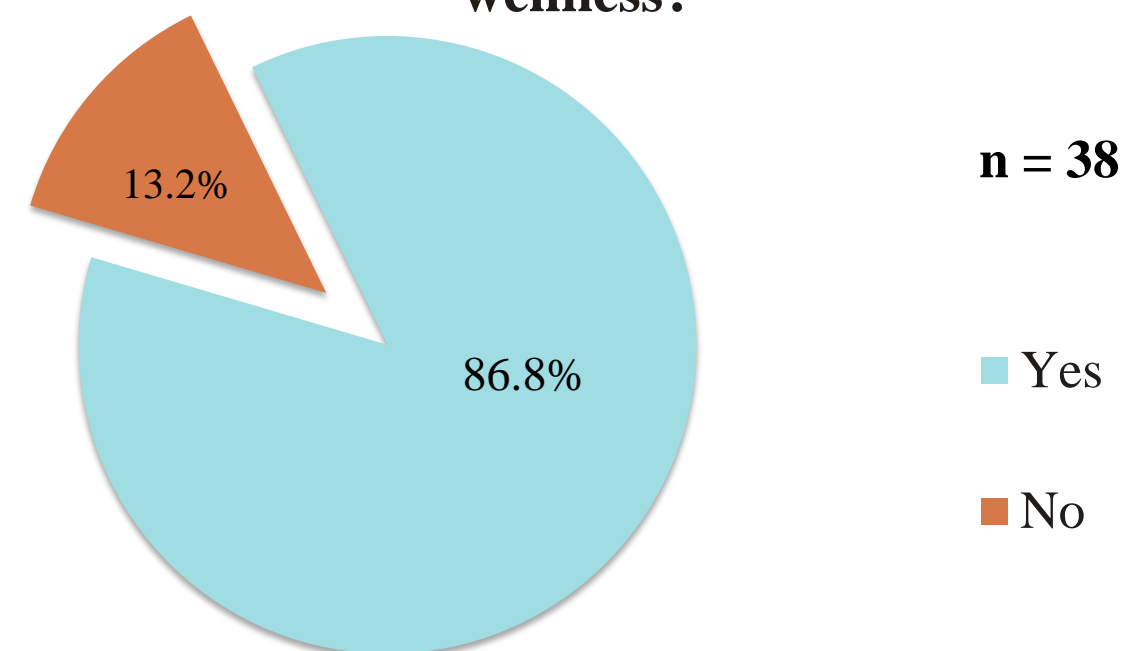
Goals:

- Identify common problems faced by dental hygienists
- Educate dental hygienists on various methods of improving health and wellness
- Compile relevant and current information to remedy common problems dental hygienists face
- Introduce research findings and impact of clinical practice on health and wellness of dental hygienists

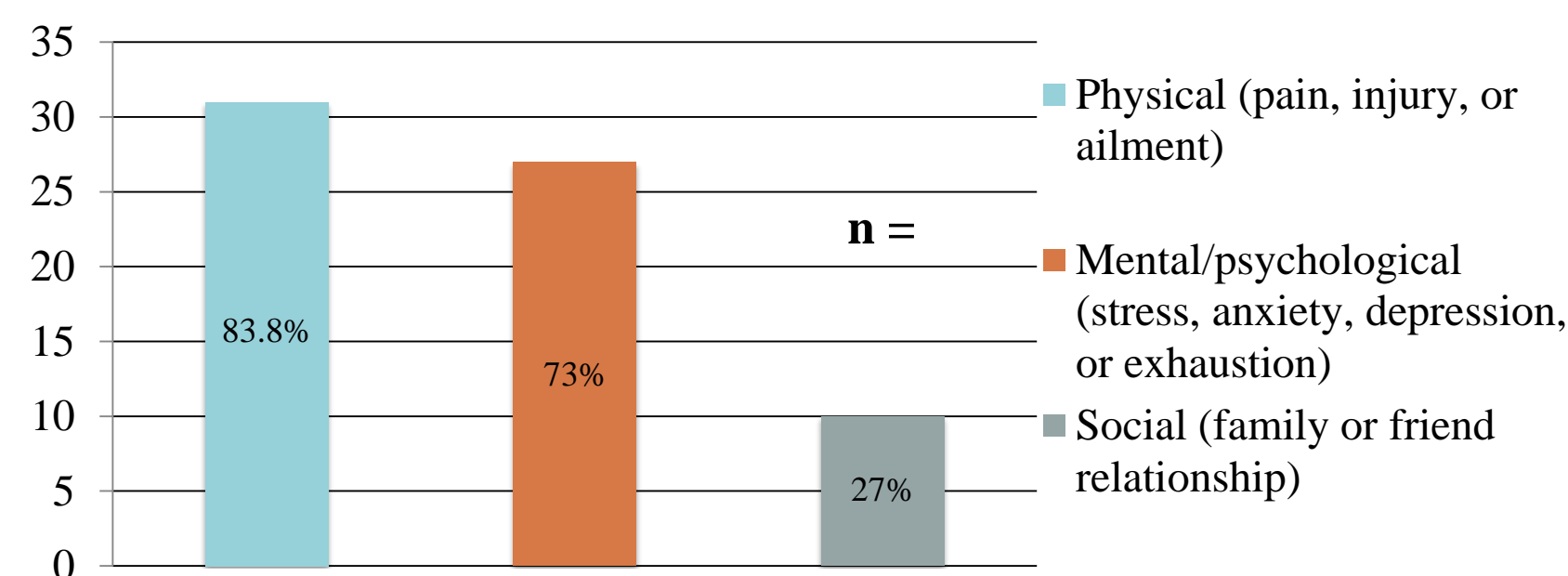
Survey Results and Findings

Following IRB approval, a 14-question survey was distributed to practicing dental hygienists in Oregon (n=40).

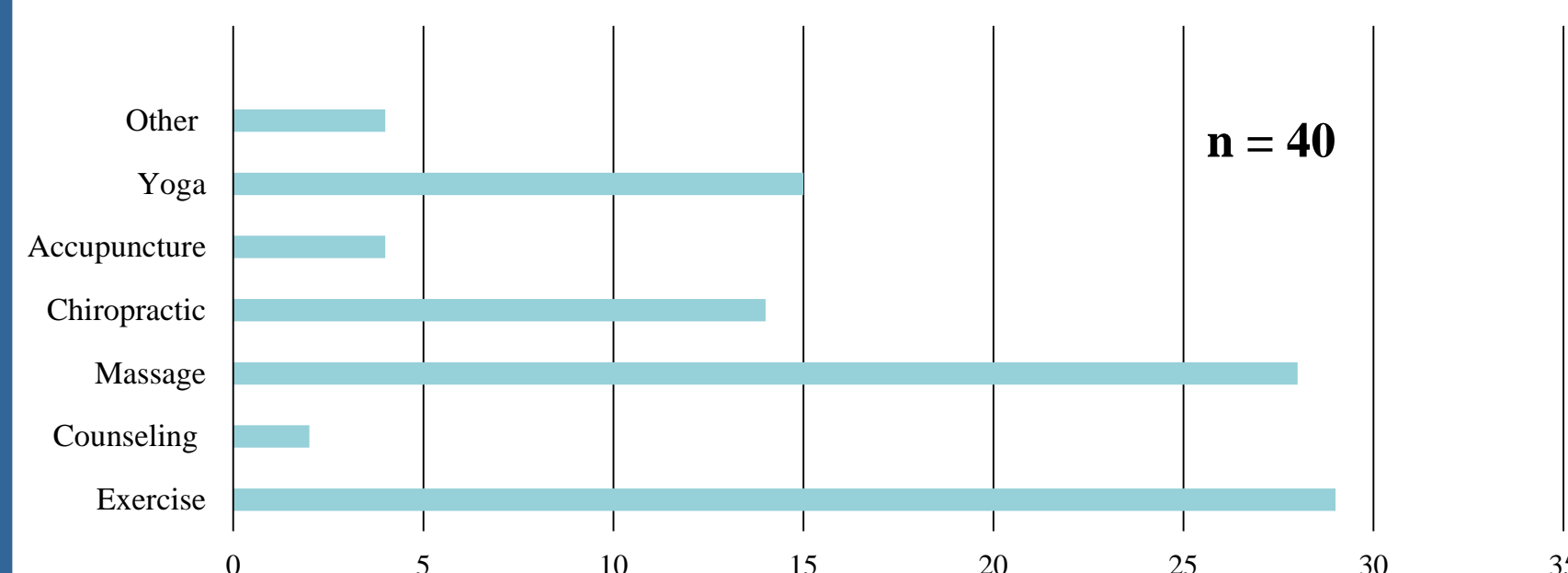
Do you feel your work affects you overall health and wellness?



What areas of your health does your work affect?



Which activities have been helpful in alleviating stress and discomfort?



Program Implementation

A presentation was given on March 31, 2016 at the Washington County Dental Hygienists' Association meeting at Pacific University. Dental hygienists and students attended. This presentation covered:

- Stretching
- Exercises
- Ergonomics
- Treatment Modalities
- Stress Management

Evaluations

At the completion of the presentation, attendees were given surveys asking participants to rate the effectiveness of the program and its perceived impact on their health and wellness. The completed surveys indicated that the participants found the program informative and effective.

Impact

The program reached 40 dental hygienists and hygiene students. Attendees were given a printout with picture examples of warm-up movements and stretches.

Next Steps

Publish program via Pacific University CommonKnowledge website to be available for public access & present poster at Capstone night to public audience.

Acknowledgements

We would like to thank the Washington County Dental Hygienists' Association for their assistance in distributing our survey.

References

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