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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 \(^1\), (1) 
- A clinical career increases stress, anxiety, and depression \(^2\), (2) 
- Hygienists can prevent injury and maintain their health and wellness with proper knowledge \(^3\), (3) 

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?

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical (pain, injury, or ailment)</td>
<td>86.8%</td>
<td>13.2%</td>
</tr>
<tr>
<td>Mental/psychological (stress, anxiety, depression, or exhaustion)</td>
<td>73%</td>
<td>27%</td>
</tr>
<tr>
<td>Social (family or friend relationship)</td>
<td>27%</td>
<td>73%</td>
</tr>
</tbody>
</table>

What areas of your health does your work affect?

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