1476 MUSCULOSKELETAL DISORDERS AMONGST FARMERS IN MOROCCO

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Introduction Musculoskeletal disorders (MSD) are a common problem within the occupational health field. The objective of this study is to determine the prevalence of chronic lumbar back pain within a population of farmers, the analysis of medical and professional consequences and the search for associated factors.

Methods We've gathered a random sample of patients consulting in Ouled Frej health centre, in the province of El Jadida. We've collected data through a standardised questionnaire.

Results We've got information from 270 patients, 78,5% were female, with a mean age of 33,5 years. Lumbar back pain (LBP) was present within 33,5% of the cases and it affected women more than men (p=0,0002). The mean of the visual analogue scale for pain evaluation was at 46,59%. The triggering factor was heavy loads lifting in 63,63% of the time. Non steroidal anti inflammatory drugs were prescribed in 80,64% of the cases. The proportion of patients experiencing professional outcomes due to their LBP was found to be 47,72%.

Discussion In this study, the frequency of LBP was higher amongst female workers, with a sex ratio of 2,82 which matches the findings of Gepner and al. The rates of resorting to medication varies between 42,2 and 79%. In our study pretty much every one of the patients took some sort of medication for their LBP (including self medication). Professional consequences of LBP are usually evaluated by means of medical leave. For our patients, 16,1% had to stop working which is similar to what Gepner and al found.

Conclusion Preventing the transition to chronic pain needs to be done as early as possible. Simple and inexpensive measures can often be enough to encounter this problem which necessarily include information and coordination between the attending and occupational physicians.

149 WORK-RELATED RISK FACTORS FOR SUBACROMIAL PAIN SYNDROME: SYSTEMATIC REVIEW AND META-ANALYSIS

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Introduction To examine the association between work-related risk factors and clinically assessed specific soft tissue shoulder disorders like rotator cuff syndrome – including tendinitis of the supraspinatus, infraspinatus and/or non-traumatic tears and ruptures –, bicipital tendinitis, calcific tendinitis, impingement and bursitis.

Methods Medline and Embase were searched from 2009 until 24 March 2016 and references were added of a systematic review on this topic describing studies published before 2009. Case-control and cohort studies were included if the soft tissue shoulder disorder was clinically assessed. These shoulder disorders were grouped into subacromial pain syndrome, abbreviated to SAPS, and defined as all non-traumatic, usually unilateral, shoulder complaints that cause pain, are localised around the acromion, and often worsen during or subsequent lifting of the arm. Meta-analyses and GRADE were performed to assess evidence and quality for the studies on work-related risk factors.

Result In total 16 300 patients with SAPS from a population of 2,413,722 workers from Denmark, Finland, France, Germany and Poland were included in the meta-analysis. Moderate evidence for associations were found for arm-hand elevation (OR=1.9, 95% CI: 1.47 to 2.47) and shoulder load (OR=2.0, 95% CI: 1.90 to 2.10). Low to very low-quality evidence was found for hand-force exertion, hand-arm vibration and psychosocial risk factors.

Discussion Arm-hand elevation, hand-force exertion and hand-arm vibration during work, increase the incidence of SAPS. Especially preventive measures to reduce arm-elevation and shoulder load, the latter involving combined physical exposures, e.g. hand-force exertion and arm-elevation, are recommended to prevent these work-related shoulder disorders. Presumably psychosocial factors play an intermediate role, and therefore, should also be targeted in occupational preventive actions.

1632 COMPARISON OF DIAGNOSTIC CRITERIA FOR OCCUPATIONAL UPPER EXTREMITY DISORDERS BETWEEN COUNTRIES

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The aim of this Special Session is to exchange detailed exposure and diagnostic criteria for work-related upper extremity disorders.

Countries have different criteria, definitions and acceptance of work-related musculoskeletal disorders. This session will compare differences on seven common upper extremity disorders: Trapezius Myalgia (Cervalgia), Rotator Cuff Tear, Epicondylitis, DeQuervain's Disease, Trigger Finger, Wrist Tendonitis, and Carpal Tunnel Syndrome. Each presenter will discuss required relevant work exposure and diagnostic criteria. In addition the legal and social insurance decision process will be briefly discussed. When available, country-wide occupational incidence of the disorders will also be presented. In final 20 min the audience will be invited to comment on the presentations from the perspective of the experience in their country.

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