To: English 301 Class

From: Ethel Paraiso

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Subject: *Proposal for Developing Ergonomic Program for Injury Prevention at Dr. Kim’s*

 *Dental Office*

**Introduction**

Musculoskeletal disorders (MSDs) are injuries that affect the musculoskeletal system which includes all muscles, tendon and sheath nerves, blood vessels, bursa, ligaments, joints and spinal discs. Conditions related to MSDs vary from mild recurrent to severe and incapacitating pain symptoms. MSDs are usually accompanied by tingling, numbness, swelling, tenderness, loss of strength and pain in the affected areas. Risk factors for MSDs include repetitive movement, awkward or improper positioning, static postures, high forces and contact stress.

Dental health practitioners perform the same repetitive activity throughout each day, often in sustained positions where the wrists, back and neck are flexed and bent at awkward angles. Improper positioning and excessive bending and twisting can strain the muscles, tendons and ligaments. Altering the natural position of the body while engaged in static activity can have detrimental effects on the body which can contribute to developing musculoskeletal pain and tension.

**Statement of Problem**

The common injuries related to MSDs involving the dental health practitioners are pains in the joints, lower back, neck, shoulders, wrists and hands. MSD is a growing concern in Dr. Kim’s dental office where I practice and the prevalence of this injury is on the rise among our dental staff.

**Proposed Solution**

Taking on the issue of ergonomics will be to the benefit of all staff members within our office.

One possible solution to the problem is to create a plan and intervention that will minimize occupational health risks. By reviewing and adapting proper ergonomics and promoting health and wellness in the dental work environment will encourages healthy lifestyle changes.

**Scope**

To create a plan, I will assess the issues associated with work-related injury at Dr. Kim’s dental office by pursuing three areas of inquiry:

1. What methods would be implemented to encourage the employees to participate and follow the new healthy lifestyle changes?
2. What would be the cost of materials needed to prevent chronic work-related injury?
3. Who are the health professionals involved in implementing the new ergonomic program to prevent work-related injury?

**Methods**

My primary data sources will include consultations with Dr. Kim, practice owner, Jennifer Campbell, office manager and Dr. Kim’s dental staff which includes receptionists, hygienists and assistant. I will round out my primary research by conducting interviews with my colleagues about their current work-related injuries and their opinion on implementing a new ergonomic program. I also plan to collaborate with a (Registered Massage Therapist) RMT and Physiotherapist (PT) which will provide sources of education in assisting each staff member in making the behavioural change and committing to proper ergonomics within the work environment.

My secondary sources will include literature on proper ergonomics and prevention of work-related injuries which are specific to MSDs.

**My Qualifications**

I am a registered dental hygienist who has been employed by Dr. Kim for the past 10 years and also in a great working relationship with my colleagues. I have been suffering from mild-to-moderate chronic back pain and will benefit from this proposed intervention. I have researched and read several scientific literature on ergonomics and MSDs.

**Conclusion**

Ergonomic intervention is crucial in preventing the development of MSDs among Dr. Kim’s dental staff. By addressing the three inquiries mentioned earlier, I can determine the feasibility of adequate work posture and develop strategies for proper ergonomics to reduce chronic injuries. With your approval, I will initiate research at once.