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ПРОФЕССИОНАЛЬНЫЕ ЗАБОЛЕВАНИЯ ВРАЧА – СТОМАТОЛОГА: ПРОБЛЕМЫ И РЕШЕНИЯ

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Аннотация

Введение. Врачи-стоматологи, работающие в стоматологических клиниках, подвержены риску развития различных профессиональных заболеваний из-за специфики своей работы. Постоянный контакт с инфекционными агентами, химическими веществами, эргономическими нагрузками и стрессом может привести к развитию различных заболеваний и снижению качества жизни и профессиональной деятельности врача-стоматолога. **Цель исследования** – рассмотрение основных профессиональных заболеваний, с которыми сталкиваются врачи-стоматологи, и предложение мер по их профилактике. **Материал и методы.** В исследовании было использовано анкетирование врачей-стоматологов в Google Форме, после прохождения ими ежегодной медицинской комиссии. **Результаты.** Всего приняло участие в опросе 55 человек. Средний возраст опрошенных составил 27–65 лет. В результате исследования было выявлено, что у 60% врачей-стоматологов есть профессиональные заболевания. Наиболее распространенными являются заболевания спины, рук, кистей и органов зрения. **Выводы.** Профессиональные заболевания врача-стоматолога представляют собой серьезную проблему, которая может сказаться на качестве жизни и профессиональной деятельности специалиста, поэтому она требует внимания и принятия профилактических мер.

Ключевые слова: врач-стоматолог, профессиональные заболевания, профилактика.

DENTIST’S WORK – RELATED DISEASES: PROBLEMS AND SOLUTIONS

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Abstract

Introduction. Dentists, working in dental clinics, have a risk of occupational diseases connected with work specificity. A permanent contact with infections, chemical substances, ergonomic workload and stress may decrease a doctor’s life quality. **The aim of the study** is to discuss basic occupational diseases that dentists deal with and preventive care. **Material and methods.** The study used a survey of dentists conducted through Google Forms after they had passed their annual medical examination. **Results.** 55 dentists aged 30-65 took part in the study after. Based on the study, it was revealed that 60% of doctors suffer from occupational diseases. The most wide-spread turned out to be back, hands and eye disorders. **Conclusion.** Occupational diseases among dentists are a serious concern that can negatively impact the quality of life and professional performance of the specialist. Therefore, it is important to pay attention to these issues and take preventive measures.

Keywords: dentist, occupational disease, preventing.

INTRODUCTION

Occupational diseases are illnesses or medical statuses which ensue from performing work duties or being affected by some conditions of a work place. Dental professional activities may cause some diseases: even being in a normal position at work, the doctor may feel back and shoulder pain, discomfort hands and legs because of overstrain. Following the ergonomic principles, including the right work techniques (optimal lighting, dentist’s and patient’s positions) helps to decrease the professional risks and their unhealthy effects. It’s important to teach dental students to comply with professional ergonomics from the very beginning to make the proper work into a habit before they start practicing. It will help to keep doctors’ health. [1]

The aim of the study is to identify the main occupational hazards faced by dentists and suggest measures for their prevention.

MATERIAL AND METHODS

The analysis of academic and scientific materials was carried out. A questionnaire with 20 questions was developed, and the data obtained was analyzed and presented in a generalized and systematic form. The study was conducted in the Sverdlovsk regional Dental clinic in 2024, among

doctors whose work experience exceeded 5 years. Google Forms were used to collect and analyze the data.

RESULTS

The study included 55 dentists age between 30 and 65. The survey was conducted after the doctors had passed their annual medical examination, during which they underwent various tests (X-rays, tomography scans of bones and soft tissues, eye examinations, examinations by a dermatologist and a venereologist, and a consultation with a psychiatrist). Medical specialists' conclusions were obtained and a diagnosis was made based on the results.

Based on the data collected, it has been revealed that several common diseases are among dentists:

1. Back diseases (Scoliosis) occur in 45.5% of respondents (25 doctors)
2. Diseases of the hands and hands (carpal tunnel syndrome) in 41.8% of respondents (23 doctors)
3. 14.5% (8 doctors) have diseases of the visual organs
4. 10.9% of respondents (6 doctors) complain about diseases associated with neuro-emotional disorders
5. Skin dermatitis is present in 36.3% (20 doctors)

70 % of attendees say that professional diseases may be prevented or weakened with the help of ergonomics, regular breaks and sport. They also think that health examinations identify problems in time when they are at early stages.

DISCUSSION

According to the results of a survey of dentists, it can be noted that the most common diseases can be considered diseases of the back, arms and hands. This is due to increased stress on the arms, shoulders and back due to prolonged procedures in uncomfortable positions. When holding a thin instrument, the muscles are tense, the hand loses its delicate sensitivity [2].

The data of the survey matches the analyses scientific articles. Occasional dental diseases are an important issue, being a dentist is associated with various risks and problems, such as dealing with dust, chemical substances, biological agents, physical exhaustion and overstrain, leading to a decrease in the quality of the work performed [3]. All of them may cause various illnesses of muscles and skeleton, also infections, allergies, and etc. it's important to observe all the preventive and safety measures of the workplace, use personal protective remedies, have medical checkups regularly, control physical and mental health. It is also important to pay attention to the ergonomics of the workplace and the procedure techniques in order to reduce the risk of developing occupational diseases.

In addition to the physical aspects, it is also important to take into account the psychological state of dentists. High demands of professional activity, continuous interaction with patients, stressful situations, and the potential for making mistakes can contribute to psychological issues and emotional exhaustion. Training in stress management, effective communication with patients, and emotional regulation play a significant role in maintaining the psychological well-being of dental professionals. Support from colleagues, access to professional counselling services, regular breaks, and taking good care of yourself through a healthy lifestyle can help you deal with the emotional challenges associated with your profession. [4, 5]

CONCLUSION

1. The results of the study let us conclude that most dentists suffer occupational diseases. The consequences of these diseases may affect human's health seriously in future.
2. Doctors should comply measures of prevention and take care of their physical and emotional health to minimise the risks. Avoiding any of these rules may lead to complications of current diseases and cause the new ones.

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АНАТОМИЯ ЧЕЛОВЕКА – ПОЗНАНИЕ ПОСЛЕ СМЕРТИ ИЛИ ВО ИМЯ ЖИЗНИ?

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Аннотация

Введение. Нормальная анатомия человека – одна из древнейших медицинских дисциплин, является основой для обучения будущих клинических специалистов. Основным в современных анатомических исследованиях до сих пор остается метод рассечения и вскрытия для изучения морфологии органов в норме. С точки зрения философского аспекта познания, анатомические исследования являются редукционистскими, подразумевают отношение к телу человека как к вещи и нарушают сакральность смерти. Стоит разобраться, справедливо ли это для современного подхода дисциплины. **Цель исследования** – выявить проблемы эпистемологии современных исследований анатомии человека, рассмотреть существующие решения данных проблем. **Материал и методы.** Проведен ретроспективный анализ статей о развитии анатомии человека и эпистемологическом аспекте анатомии человека в прошлом и современности. **Результаты.** Были изучены ключевые личности из разных эпох развития анатомии, их философские взгляды на достоверность исследований и суть человека. Рассмотрены проблемы дисциплины, обозначенные философами 20 века и современности. **Выводы.** Ключевыми личностями, способствовавшими становлению анатомической науки, являются Гален, Андреас Везалий, Амбруаз Парэ, Леонардо да Винчи. Несмотря на разность мировоззрения относительно природы человека и совершенства строения его тела, всем анатомам был свойственен эмпирический подход к исследованию, моральное разделение человека живого и мертвого тела. Современные исследователи решают проблемы редукционизма, овеществления человека и всеизученности с помощью интегративной анатомии, вариативному подходу к анатомической норме, аксиологическому воспитанию будущих исследователей.

Ключевые слова: эпистемология, анатомия человека

HUMAN ANATOMY – KNOWLEDGE AFTER DEATH OR IN THE NAME OF LIFE?

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Abstract

Introduction. Normal human anatomy is one of the ancient medical disciplines and is the basis for training future clinical specialists. The main method in modern anatomical research is still the method of dissection and dissection to study the morphology of normal organs. From the point of view of the philosophical aspect of knowledge, atomic studies are reductionist, imply an attitude towards the human body as a thing and violate the saccrality of death. It is worth examining whether this is true for the discipline's modern approach. **The aim of the study** is to identify problems in the epistemology of modern studies of human anatomy, and to consider existing solutions to these problems. **Material and methods.** A retrospective analysis of articles about the development of human anatomy and the epistemological aspect of human anatomy in the past and present was carried out. **Results.** Famous researchers from different eras of the development of anatomy, their philosophical views on the reliability of research and the essence of man were studied. The problems of the discipline identified by philosophers of the 20th century and modern times were considered. **Conclusion.** Despite the