

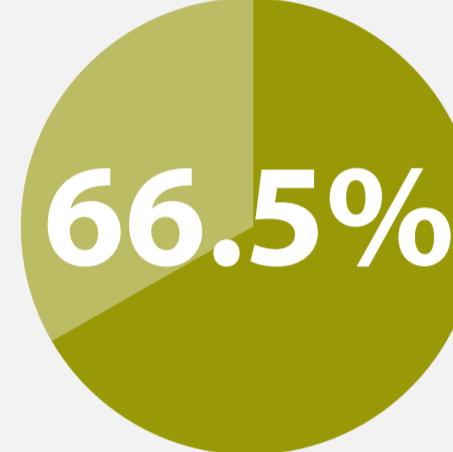
# Work-related musculoskeletal disorders (WRMD) in endoscopic sinus and skull base surgeons

## An international survey

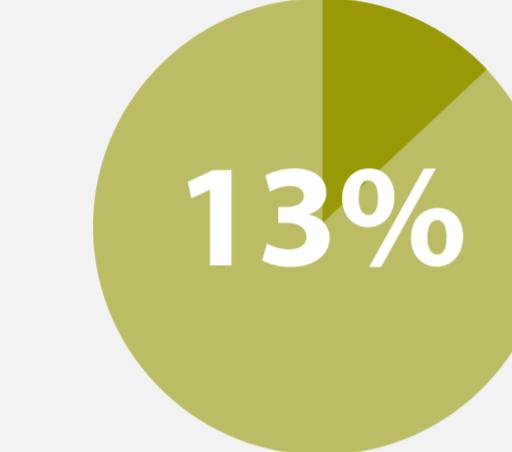
### Respondents



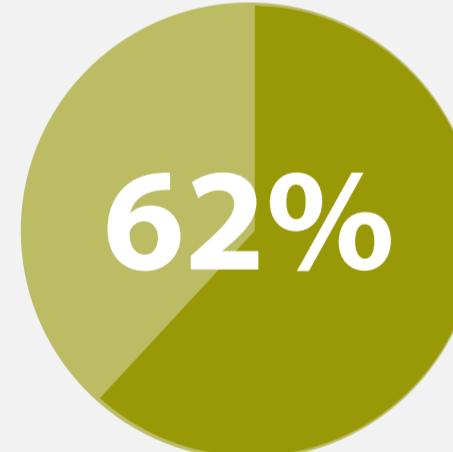
87 countries



12-month  
WRMD  
prevalence



Had careers  
shortened  
by WRMD



Had 2 or more body  
parts affected by WRMD

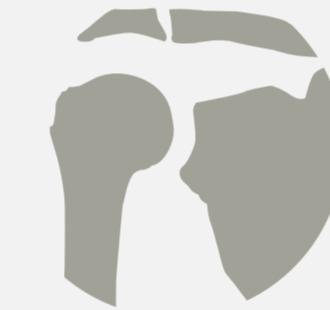
### Body regions most commonly involved



Cervical spine



Lumbar spine



Shoulders



Wrists

### Factors associated with higher odds of WRMD in the past year

Factor	OR
BMI $\geq 30\text{kg}/\text{m}^2$	3.9 vs BMI $\leq 18.5\text{kg}/\text{m}^2$
Female sex	2.9 vs male sex
ORL attending/consultant	2.4 vs ORL trainee not on formal training program
Caseload $>100$ cases/year	1.5 vs $<50$ cases/year
time in clinic $>6$ hours/week	1.7 - 2.0 vs $\leq 5$ hours/week
Operating in standing	1.6 vs sitting
No regular exercise	3.3 vs exercise $>7$ hours/week

→ Endoscopic sinus and skull base surgeons have a higher rate of WRMD than the general population  
→ WRMD negatively impact surgeons' performance and their life outside work

→ WRMD often start during surgical training