

Occupational Hazards among Neurosurgeons: Do We Need to Change Our Habit?

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There are various types of occupation related problems. Some of them are well noticed and other might be slowly and unnoticeably harming professionals. Hazards are classified vaguely into accidental, chemical, biological, ergonomic, psychosocial and organizational hazards. The accidental hazards are usually quickly noticed by the professionals like, stab, cut, pricks, cautery burn and so on.¹⁻⁵

For neurosurgeon, besides accidental, chemical, biological hazards, there might be more important issue regarding ergonomic and psychosocial hazards. As neurosurgeon are well known for their very long standing surgeries by maintaining difficult posture in a small area, they might be having special risk of having degenerative spine pathologies, especially cervical and lumbar spine.⁶ Along with these, long hours of wearing latex gloves they are also at increased risk of having contact dermatitis and skin scaling.^{1,2}

The long duty hour stressful surgeries and patient care and counseling make them busy most of the time. The result of which they

might have limited quality time to spend with their families and friends, the result of which, they are prone to have poorly managed family life and also at risk of divorce among married couples when compared with other non medical profession.⁷

Though the exact cause of Alzheimer is poorly understood, the neurosurgeons seems to have special risk of harboring this disease.⁸

The special attention might be required for neurosurgeons to prevent with these occupation hazards. A regular physical therapy, especially prone extension and pectoralis stretch were advised to prevent kyphotic posturing that could develop with prolonged standing surgeries.⁶ Mind relaxation technique and occasional outing with families might be good option to prevent from psychosocial hazards.

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