



OCCUPATIONAL STRESS AMONG VISITING ORTHODONTISTS IN CHENNAI, INDIA – A SURVEY BASED STUDY

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Abstract :

With the introduction of several private dental schools in India , there has been a sudden increase in the number of Orthodontists who have passed out in recent years , the avenues for orthodontic practise have decreased , thereby leading to the concept of visiting orthodontic practise . A cross sectional study using a questionnaire was devised to find the stress levels among Orthodontists in visiting practise and apart from the stress , Job satisfaction, Musculo skeletal problems , Income and Personal time was also evaluated . The Newcastle – Ottawa Scale adapted for cross sectional studies was used for evaluation . Except for the increased income , all other factors scored poorly on the scoring .

Keywords : Orthodontists , Stress levels , cross sectional – study .

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Introduction

The speciality of Orthodontics has grown by leaps and bound in India in the last 50 years . The early years were served by Orthodontists who had graduated from a few Government institutions , which were few and most orthodontists who graduated at that time had more patients than they could possibly treat .

As the Government policy changed and the decision to open private dental colleges was taken , the number of Orthodontics grew exponentially

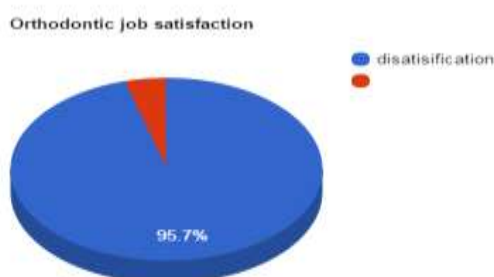
in India . In a matter of fifteen years , from 2000 to 2015 the number grew from around a 1000 to almost 3000 . Although the effective increase in number of Orthodontists increased , the practice of most was restricted to the major cities of India , which led to further competition amongst themselves . The opportunities for practise shrank more and more as academic positions for newly graduating orthodontists almost became nil . The Orthodontists had to move outward from their places of residence/practise to far off places ,

most often in below average modes of travel to keep their margins intact as well serve areas not covered by orthodontic care . Simultaneously a few of them took to teaching non orthodontists as means of their livelihood. This further reduced the demand for orthodontists in general dental practises .

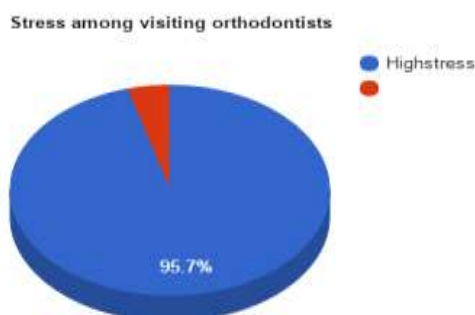
The concept of practising orthodontics in other clinics apart from the own clinics was being called “ visiting practise “ the limitations to a fulfilling orthodontic practise in visiting practise puts a lot of stress on the Orthodontists . This paper dwells into the factors that affect the stress among visiting orthodontists .

Results :

1 .Orthodontic job satisfaction among visiting Orthodontists



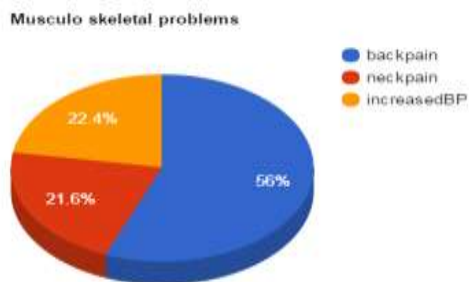
2, Stress among orthodontists in visiting practice



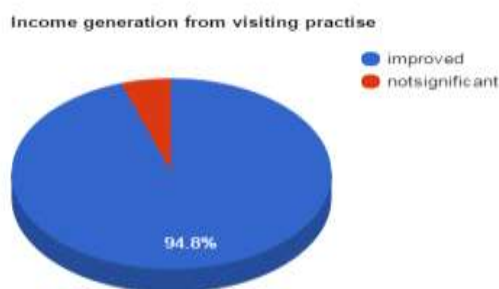
3, Musculo skeletal Problems

Methodology

A questionnaire with details related to visiting orthodontic practise and the resultant satisfaction in treatment outcomes and stress levels were mailed to 120 orthodontists . The main inclusion factors was the visiting practise . The Orthodontic practioners who were either not visiting or not visiting regularly were excluded from the study . 116 of the respondents replied . the responses were evaluated using the new castle –ottawa scale adapted for cross sectional studies .



4, Income generation from Visiting Orthodontic Practise



5, Personal time



Discussion:

The unique scenario of visiting orthodontic practise has become very common in recent years. The cross sectional study included questions to study 5 main criteria. Of the criteria overall job dissatisfaction, stress, musculo skeletal problems and personal time scored very poorly. This is probably due to the facts that the Orthodontists have to plan and practise in scenarios with limited space, manpower and motivation in visiting practises. The only main motivational factor for the visiting practise seems to be the increased revenue from the visiting practise. In the long run, the concept may or may not survive as increased

stress levels and job satisfaction may score over the increased revenue pattern and the newer options of non Orthodontists learning Orthodontics from short courses may reduce the opportunities in visiting practises also. Several studies have been done on stress of Orthodontists^{1,2,3,4,5}, most of the factors are applicable to the visiting orthodontists in India, with the compounded effect of working in different work environments, which may be the greatest contributor to stress.

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Conflict of Interest: Nil

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