

## EVALUATION OF MUSCULOSKELETAL DISORDERS AMONG FRENCH GASTROENTEROLOGISTS: RESULTS OF A NATIONAL PROSPECTIVE OBSERVATIONAL STUDY

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**A survey of 485 French gastroenterologists found that 76.3% had experienced work-related musculoskeletal pain, with female sex, higher procedure volume, and more than 16.5 hours of endoscopy per week identified as risk factors.**

### KEY POINTS

- The most commonly affected sites were the neck (50%), lower back (55%), shoulders (36-37%), and wrists (30%), with 55.9% reporting pain persisting after procedures and about a quarter experiencing pain lasting more than 3 months.
- In multivariate analysis, female sex (OR 1.85), number of endoscopies performed (OR 1.05 per procedure), and activity duration over 20 years (OR 2.42,  $p=0.079$ ) were associated with musculoskeletal disorders.
- The risk of musculoskeletal disorders increased after 16.5 hours of endoscopy per week (sensitivity 35%, specificity 83%).
- Work impact included loss of efficiency (5.1%), job adaptation (3.8%), decreased activity (2.4%), and work stoppage (2.1%), with 35% seeking treatment through painkillers, physiotherapy, or surgery.
- This study is relevant to gastroenterologists, endoscopy unit managers, and occupational health professionals concerned with musculoskeletal health in endoscopy practice.

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