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Prevalence and determinants of musculoskeletal pain (MSP) among teachers in Nugegoda educational division in Sri Lanka

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Objectives: To demine the prevalence of musculoskeletal problems, associated factors and preventive measures practiced by teachers in Nugegoda education division.

Methods: A descriptive cross sectional study was conducted among 247 teachers working in Nugegoda education division. A pretested self-administered questionnaire was used to ascertain the data related to work characteristics and musculoskeletal symptoms and preventive measures of teachers. Data analysis was carried out using the SPSS statistical package (version 16). Descriptive statistics and chi-square test were used to determine the proportions of MSP and their associations with work related variables.

Results: Response rate was 63.1% and majority (95.5%) of respondents were females. Prevalence of knee pain was 51.2% followed by pain in ankles (42.1%) and neck (34.7%) during the past twelve months. Age was significantly associated with shoulder pain (OR=1.93, 95% CI; 1.02-3.67) and knee pain (OR=1.91, 95% CI; 1.08-3.38). Number of students in the class was significantly associated with knee pain (OR=2.04, 95% CI; 1.13-3.67) and ankles pain(OR=2.38, 95% CI; 1.33-4.26) respectively. Further, work experience was significantly associated with knee pain (OR= 2.07, 95% CI; 1.21-3.53). Being a parent with three or more children was significantly associated with knee pain (OR=2.28, 95% CI; 1.01-5.13). Less than half (44.2%) of the respondents had sought medical advices for their pain symptoms. About 40.1% of teachers had managed their pains with home remedies.

Conclusions: Knee pain was the predominant pain symptom among teacher. Years of experience, having three or more children, number of students in the class room, were other determinants of pain symptoms.

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Social network addiction among medical students of University of Sri Jayewardenepura

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Objectives: To determine the impact of Social Networking Sites (SNS) addiction among medical students of University of Sri Jayewardenepura (USJP)

Methods: One Hundred forty three (143) students of FMS,USJP of 2013/2014 A/L intake completed a simple self-administered questionnaire containing Bergen Facebook Addiction Scale to measure usage of Facebook and YouTube. Two sets of criteria were used to calculate addiction rates {a score of 3 on at least four from all 6 survey items (moderate) and a score of 3 on all six items- (severe) }.

Results: Out of 156 students 143 have completed the survey with the response rate of 91.6%. Out of this 94 were female with a general ratio of 2:1. Facebook was most commonly used (89.5%), followed YouTube by (84.6%) Addiction rates varied significantly across the two SNSs and varied according to the criteria used. Severe Facebook addiction was noted on 2.09%(3/143) and all were female. Moderate Facebook addiction was noted 15.3%(22/143) and 9.7%(14/143) in females' and males' respectively. Percentage 2.79(4/143) of students were severely addicted to YouTube and ¾ were male. Moderate YouTube addiction was noted among 9.09% in female and 6.99% in male students. Percentage74.8(107/143) students stated less than 20% usage of Facebook for their academic related activities while majority of 33.5% of students have highlighted of using You Tube for academic related activities was between 40-60%.

Conclusions: Rates of SNS addiction among this batch of medical students is moderate and somewhat academic related. Addiction rates decreased when work-related activity was taken into consideration which indicates that rates may adjust according to purpose of use.