

# MUSCULOSKELETAL SYMPTOMS AMONG HEALTHCARE WORKERS AFTER COVID-19 IN SALVADOR, BRAZIL

Giulia Santos Santana<sup>a</sup>; Tatiane Araújo dos Santos<sup>b</sup>; Alcylene Carla de Jesus dos Santos<sup>c</sup>  
Physical Therapy Course, Federal University of Bahia<sup>a</sup>; Academic Coordination of the Nursing School, Federal University of Bahia<sup>b</sup>;  
Department of Life Sciences, Physical Therapy Course, State University of Bahia<sup>c</sup>



## BACKGROUND

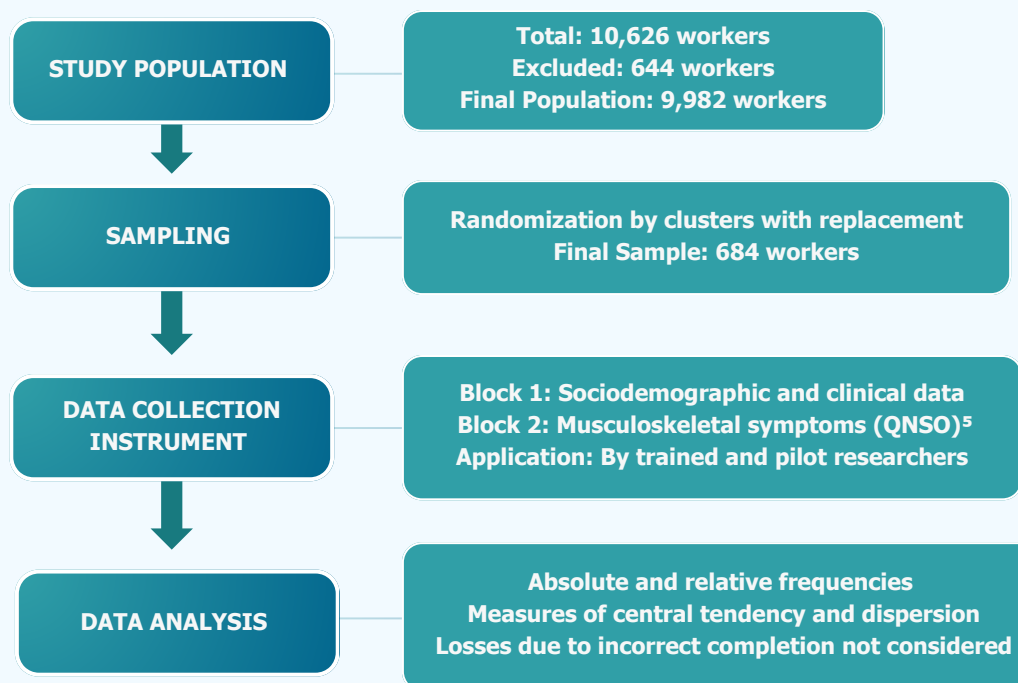
Health work involves exposure to several risk factors that potentially cause harm, not only known biological risks, but also exposure to psychological demands at work, ergonomic demands, exposure to physical and chemical factors; and work accidents<sup>1</sup>. The problems that affect the health of healthcare workers have always existed and have been increasing and becoming increasingly more complex over the years<sup>2 3</sup>, having been heightened and more evident after the advent of the COVID-19 pandemic. Although the existing literature presents well-consolidated data inherent to the musculoskeletal health conditions of workers<sup>3 4</sup>, there is a gap in knowledge regarding information on illness due to the same conditions in the post-COVID-19 period.

## AIMS

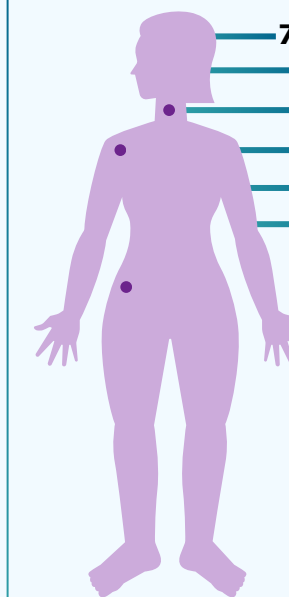
The purpose of this study was to identify musculoskeletal symptoms among healthcare workers after the COVID-19 pandemic in the city of Salvador, Bahia, Brazil.

## METHODES

This is a descriptive cross-sectional study, carried out with workers from the Municipal Health Department (SMS) of Salvador-BA. The Project was submitted and approved by the Research Ethics Committee and was approved under CAEE no. 38382320.9.0000.5531.



## RESULTS



73.8% female  
73.2% cisgender women  
26.9% age group 38 to 44 years old  
44.2% single marital status  
44.6% black race/skin color  
30.5% completed higher education

### PAIN, TINGLING, OR NUMBNESS

**Last 6 Months:** lower back (48.0%), shoulders (39.6%), and neck (39.0%).  
**Last 7 days:** lower back (28.0%).  
**Prevented them from carrying out work, leisure, or domestic activities:** (45.1%).  
**Consulted a health professional due to discomfort:** (86.1%)\*.

\*Among those who were prevented from carrying out the activities.

## CONCLUSIONS

The most prevalent musculoskeletal symptoms among healthcare workers after the COVID-19 Pandemic were in the last six months: pain, tingling, or numbness in the lower back, shoulders, and neck. Regarding the existence of pain, tingling, or numbness in the last 7 days, these symptoms were most prevalent in the lower back. Chronic pain is currently the biggest cause of suffering in the world, and pain conditions musculoskeletal disorders are among the main causes of disability worldwide among healthcare workers. Within the scope of symptoms described in the literature regarding Post-Covid-19 musculoskeletal pain is among the most frequent. Therefore, more studies must be carried out seeking to investigate the impact of COVID-19 as a risk for the worsening of these symptoms in a population that sometimes is invisible.

## CONTACT

✉ fisiogiulia@gmail.com

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