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## Psychosocial factors in relation to musculoskeletal disorders among nursing professionals in Kurdistan region, Iraq

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A cross-sectional study was carried out to determine the prevalence of musculoskeletal disorders (MSDs) and psychosocial factors associated with it, among Kurdistan nursing professionals. Simple random sampling was used to select 220 nurses and data were collected by self-administrative questionnaire. Results of the study showed that the overall prevalence of MSDs among Kurdistan nurses was 74% in different body regions and, by body regions, neck pain was reported to be the highest complaint of twelve-month MSDs (48.4%) compared to other body parts. Logistic regression analysis indicated 6 variables that are significantly associated with musculoskeletal disorders: smoking (OR=19.472, 95% CI: 5.396, 70.273), BMI (OR=5.106, 95% CI: 1.735, 15.025), physical activity (OR=8.639, 95% CI: 3.075, 24.271), psychological demand (OR=6.685, 95% CI: 3.318, 13.468), social support (OR=3.143, 95% CI: 1.202, 4.814) and job satisfaction (OR=2.44, 95% CI: 1.04, 5.63). Prevention strategies and health education which emphasizes on psychosocial risk factors and how to improve working conditions should be introduced.

### Biography

Karwan Mahmood Khudhir was born in April 1985 in Sulaimanyah-Iraq. He master's degree in occupational health and safety in University Putra Malaysia in year 2015. After his studies, he joined Koya Technical Institute, Erbil polytechnic university, Kurdistan Region, Iraq as assistant lecturer and coordinator for occupational health and safety class. He has 2 years of work experience in academic, during his work he supervised four main topic research related occupational injuries, musculoskeletal disorders, voice disorder and low back pain. As well, he has 4 published articles in F1000 research, International Journal of Public Health and Clinical Sciences (IJPCHS), IOSR Journal of Dental and Medical Sciences (IOSR-JDMS), and Kurdistan Journal of Applied Research (KJAR). Also, he joined International Conference of Health and Medical Science as Speaker. His sole desire now is to participate in 11<sup>th</sup> Global Healthcare and Fitness conference which will be held in October 16-18, 2017 San Francisco, California, USA.

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