Research Survey

Project Title: Musculoskeletal Symptoms and Risk Factors among Bovine Veterinarians

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PREAMBLE

This survey is designed to help us understand the musculoskeletal symptoms and work demands encountered by bovine veterinarians. This information will help to identify the nature and extent of musculoskeletal issues in this occupational group, and will also help in designing future interventions to help prevent symptoms and disorders related to bovine work.

Participation in this survey is voluntary, and you can decide not to participate at any time by closing your browser, or choose not to answer any questions you don’t feel comfortable with. The Survey responses will remain anonymous.

There are no known risks to participating in this survey; however, as with any online related activity the risk of breach of confidentiality is possible. All survey responses are stored at the University of Saskatchewan. Access to the data is restricted to the survey team.

The following questions are about your musculoskeletal health and work tasks. Completion of the survey should take less than 20 minutes.

This research project has been approved on ethical grounds by the University of Saskatchewan Biomedical Research Ethics Board. Any questions regarding your rights as a participant may be addressed to that committee through the Research Ethics Office ethics.office@usask.ca (306) 966-2975. Out of town participants may call toll free 1-888-966-2975. If you have questions or desire further information about this study before or during participation, you can contact Dr. Catherine Trask at 306-966-5544 or Catherine.trask@usask.ca

By completing and submitting this questionnaire, your free and informed consent is implied and indicates that you understand the above conditions of participation in this study.
Personal Characteristics
1) Sex
   □ 1 Male
   □ 2 Female

2) Which hand do you use to write?
   □ 1 Right-handed
   □ 2 Left-handed
   □ 3 Ambidextrous

3) Age  |___|___| years

4) What is your height? |___| Feet  |___| Inches OR |___| cm

5) What is your weight? |___|___|___| Pounds OR |___|___|___| kg

Work and Work Tasks
6) How many veterinarians are in your practice?  |___|___|

7) What year did you graduate from veterinary school (or do you expect to graduate)?  |___|___|___|

8) How many years have you been a bovine practitioner (if a student, list 0)?  |___|___|___| yrs

9) How do you apportion (%) amongst the following types of practice:
   a) Dairy  |___|___|%
   b) Beef  |___|___|%
   c) Equine  |___|___|%
   d) Other large animal  |___|___|%
   e) Small animals  |___|___|%

10) What are the most strenuous physical tasks you encounter in your work with cattle?
   a) Task 1: (most difficult) __________________________
   b) Task 2: _______________________________________
   c) Task 3: _______________________________________

11) Indicate the average number of rectal examinations you perform per year on:
   a) Dairy cows/heifers  |___|___|___|___|___|
   b) Beef cows/heifers  |___|___|___|___|___|
   c) Beef bulls  |___|___|___|___|___|

12) What percentage of the time do you use each hand for rectal exams?
   a) Right hand  |___|___|%
   b) Left hand  |___|___| %

13) Please describe any specific techniques or strategies you use for rectal exams to avoid musculoskeletal pain/symptoms:
14) Please estimate the percentage of time you use hand-held ultrasound (U/S) for preg checking: _____%

15) If you use U/S, what percentage of time do you use an extension (handle extender)? _____%

16) If you use U/S, under what conditions do ultrasounds work well for this task? When would you use them? (or why would you not use them?)

17) If you use U/S, have you noticed any new or different musculoskeletal symptoms after using it?

- [ ] Yes
- [ ] No

If so, what?

18) Do you believe musculoskeletal symptoms can be alleviated through altering technique?

- [ ] Yes
- [ ] No
- [ ] Somewhat

Please explain why you think so:

Health Questions

19) In general, would you say your health is:

- [ ] Excellent
- [ ] Very Good
- [ ] Good
- [ ] Fair
- [ ] Poor

20) Have you ever had musculoskeletal trouble (ache, pain, discomfort):

- [ ] Yes
- [ ] No

21) If yes, what body part was the worst?

- [ ] Neck
- [ ] One or both shoulders
- [ ] One or both elbows
- [ ] One or both hands
- [ ] Upper back
- [ ] Lower back
- [ ] One or both hips/thighs
- [ ] One or both knees
- [ ] One or both ankles

22) If yes, how did it impact your work?
23) If you have ever had musculoskeletal trouble (ache, pain, discomfort), what types of treatment have you had? (Please mark all that apply)

- [ ] Over the counter medication
- [ ] Prescription medication
- [ ] Surgery
- [ ] Physiotherapy
- [ ] Chiropractic
- [ ] Massage Therapy
- [ ] Acupuncture
- [ ] Exercise Therapy
- [ ] Other (please list): _____________________________________

24) Have you ever considered quitting bovine practice because of musculoskeletal symptoms?

- [ ] Yes
- [ ] No

Please explain why:

25) This table is about your experience in the last 12 months

<table>
<thead>
<tr>
<th></th>
<th>Have you at any time in the last 12 months had trouble (ache, pain, discomfort) in:</th>
<th>Have you at any time in the last 12 months been prevented from doing your normal work (at home or away from home) because of the trouble?</th>
<th>Have you at any time in the last 12 months been prevented from doing bovine tasks because of the trouble?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neck</td>
<td>[ ] Yes [ ] No [ ]</td>
<td>[ ] Yes [ ] No [ ]</td>
<td>[ ] Yes [ ] No [ ]</td>
</tr>
<tr>
<td>One or both shoulders</td>
<td>[ ] Yes [ ] No [ ]</td>
<td>[ ] Yes [ ] No [ ]</td>
<td>[ ] Yes [ ] No [ ]</td>
</tr>
<tr>
<td>One or both elbows</td>
<td>[ ] Yes [ ] No [ ]</td>
<td>[ ] Yes [ ] No [ ]</td>
<td>[ ] Yes [ ] No [ ]</td>
</tr>
<tr>
<td>One or both hands</td>
<td>[ ] Yes [ ] No [ ]</td>
<td>[ ] Yes [ ] No [ ]</td>
<td>[ ] Yes [ ] No [ ]</td>
</tr>
<tr>
<td>Upper Back</td>
<td>[ ] Yes [ ] No [ ]</td>
<td>[ ] Yes [ ] No [ ]</td>
<td>[ ] Yes [ ] No [ ]</td>
</tr>
<tr>
<td>Lower Back</td>
<td>[ ] Yes [ ] No [ ]</td>
<td>[ ] Yes [ ] No [ ]</td>
<td>[ ] Yes [ ] No [ ]</td>
</tr>
<tr>
<td>One or both hips/thighs</td>
<td>[ ] Yes [ ] No [ ]</td>
<td>[ ] Yes [ ] No [ ]</td>
<td>[ ] Yes [ ] No [ ]</td>
</tr>
<tr>
<td>One or both knees</td>
<td>[ ] Yes [ ] No [ ]</td>
<td>[ ] Yes [ ] No [ ]</td>
<td>[ ] Yes [ ] No [ ]</td>
</tr>
<tr>
<td>One or both ankles</td>
<td>[ ] Yes [ ] No [ ]</td>
<td>[ ] Yes [ ] No [ ]</td>
<td>[ ] Yes [ ] No [ ]</td>
</tr>
</tbody>
</table>

26) Is there anything else you’d like to tell us about your musculoskeletal health or work tasks?

Thank you for your time and your contributions to this study. You have been very helpful.