

Foot Health Status Among Academic and Clinical Workers: A Cross-Sectional Study

Authors: Muneeza Qasim, Javeria Zubair, Nehal Ismail, Sawera Shoukat, Syeda Rubasha Mir



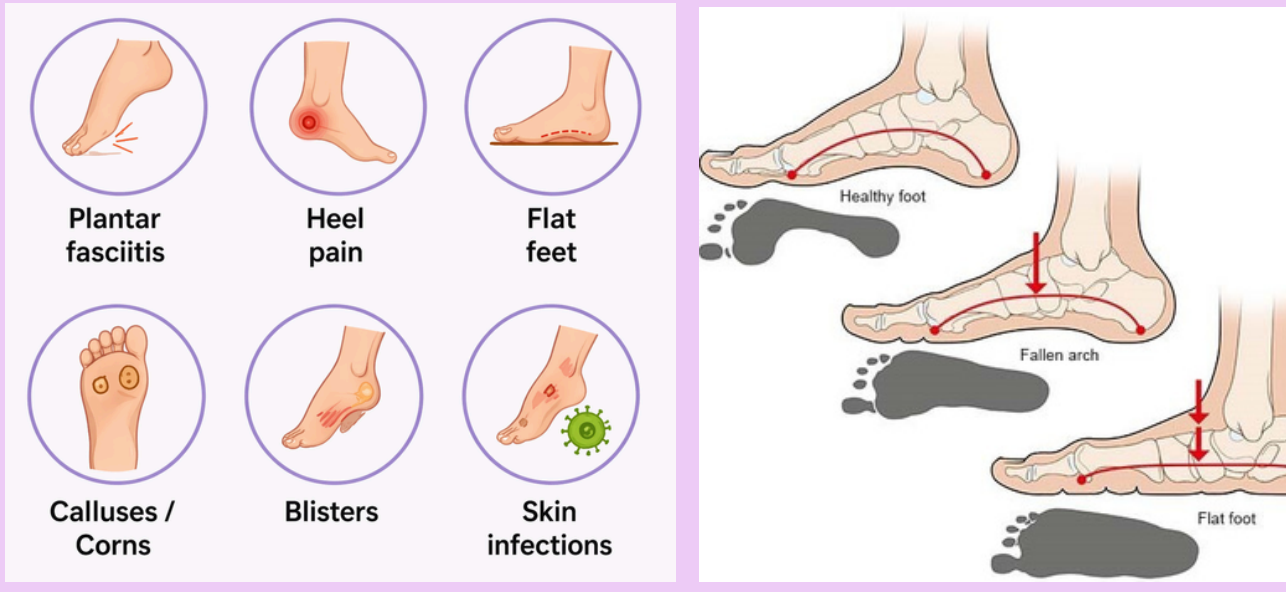
Introduction

- The foot is a complex structure that supports weight.
- It is very vulnerable to stress and injury, particularly in jobs that require prolonged standing or physical activity.
- Both clinical workers (e.g., doctors, nurses) and academic workers (e.g., teachers) are exposed to different occupational stresses which can negatively affect foot health.



Problem statement

- Occupations are categorized into two distinct sectors for this study: clinical and academic.
- There is a significant gap in research comparing these two specific groups within Karachi to understand how these occupations impact foot health.



Research Question

What is the difference in the foot health status between academic and clinical healthcare workers?



Rationale

Foot health is important for mobility, but job-related stress may cause foot problems occur more frequently. Clinical workers are constantly standing and walking, and academic workers frequently standing for long periods of time. Both of these things can cause foot deformities. Nonetheless, there exists an inadequate amount of research comparing these groups therefore, this study aims to assess differences in their foot health.

Research Objectives

To compare and evaluate foot health outcomes between academic and clinical workers using the FHSQ.

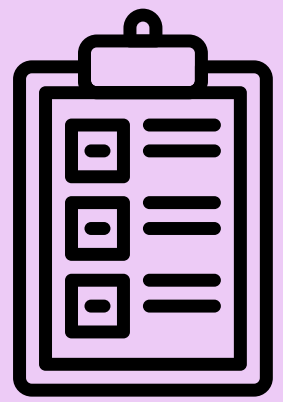
Methodology



Study setting: The study will be conducted at Dr. Ziauddin Hospital and Ziauddin University, including its Clifton, Kemari, and North branches.



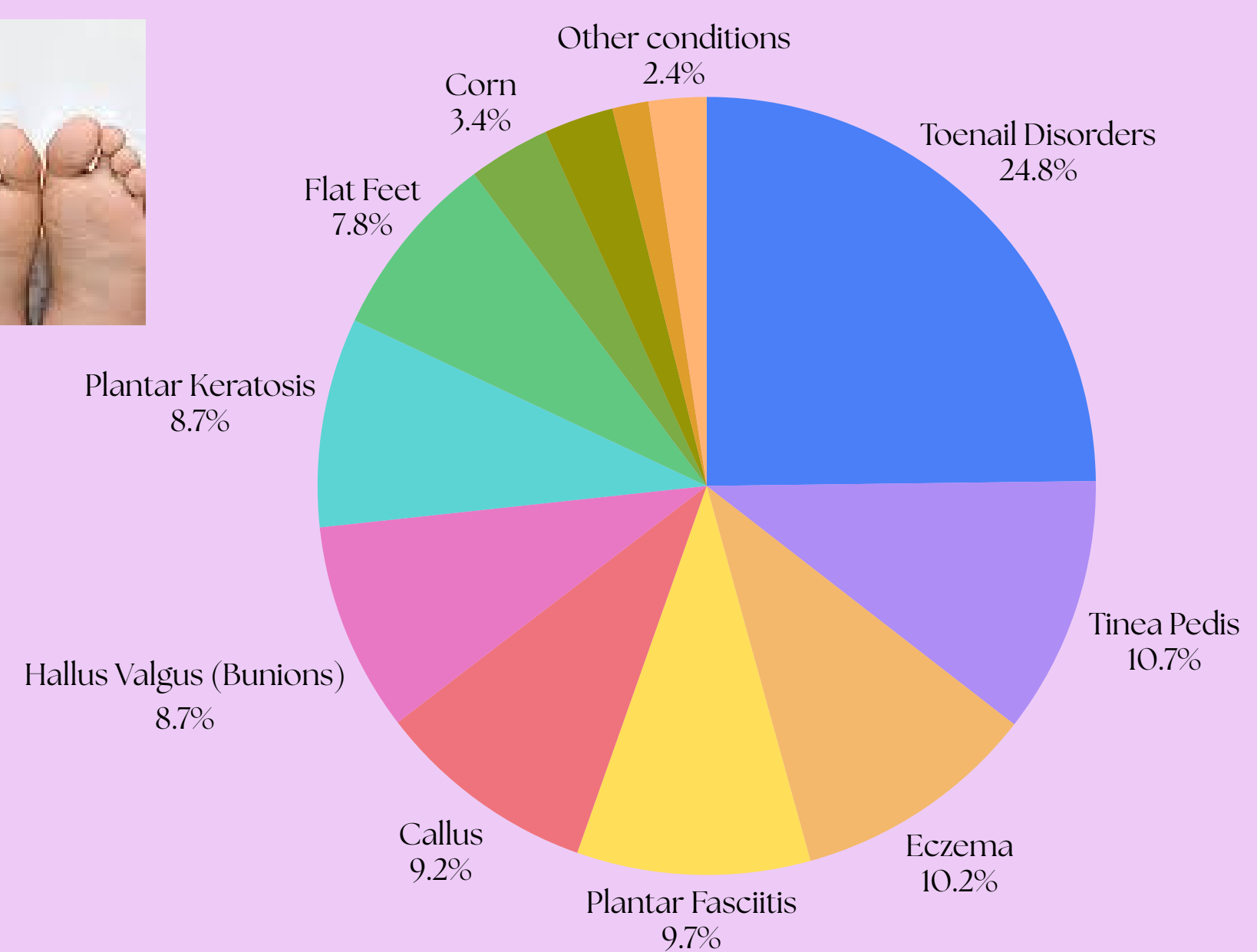
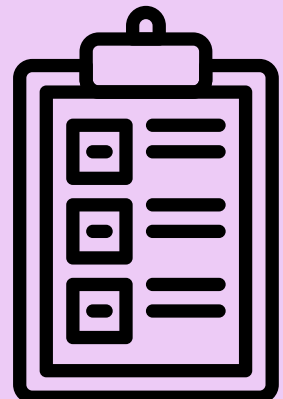
Study Design: A cross-sectional study.
Sample size: n= 196



Data collection tool: The Foot Health Status Questionnaire (FHSQ).

Data Analysis:

- Data will be analyzed using SPSS v. 26.
- Chi square test will be applied.



FOOT PAIN IN DIFFERENT OCCUPATIONAL GROUPS



Selection Criteria

Inclusion Criteria:

- Individuals aged 22–60 years.
- Workers with at least 6 months of job experience in their current role.

Exclusion Criteria:

- Individuals with recent foot or ankle trauma or fracture or surgery (within the last 6 months).
- Individuals with congenital foot deformities or severe neurological disorders affecting gait.

