



주요 논문초록

수근관증후군 예측을 위한 선별 신경전도의 이용

Use of screening nerve conduction studies for predicting future carpal tunnel syndrome

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수근관증후군(CTS)은 심한 수지작업을 하는 사람에게 고통을 주는 근육, 건 그리고 신경계의 여러장애중 하나이다. 그리고 보고된 사례가 급격히 증가하고 있다.

여러 연구에서 반복작업, 불안정한 작업자세, 힘든 작업, 진동 그리고 국부적인 압력 등이 수근관증후군의 위험성을 증가시키고 있다고 지적하였다.

수근관 증후군을 일으키는 근로자의 위험성을 최소화하기 위한 노력과 향후 근로자의 보상비용을 감소시키기 위해서 여러 회사에서는 median nerve 장애가 있는 근로자를 확인하기 위하여 배치전 신경전도검사를 이용하고 있다.

본 연구의 목적은 무증후 근로자에서 median mononeuropathy와 일관성있는 비정상 감각신경 전도검사가 향후 수근관 증후군 호소를 예측할 수 있는지를 결정하는데 있다.

조사방법은 Case-Control연구이며 연구대상은 5개 업종인 자동차부품제조업, 가구제조업, 스파크 플러그제조업, 종이제조업 그리고 보험회사의 사무직원들로서 총 700명 이상의 근로자를 대상으로 하였다.

대상자의 손 또는 수지에서 일주일 이상 동통, 무감각, 얼얼하고 화끈거리는 증상이 지속된 환자들의 보고 또는 최초 선별검사 이후 3회 이상 증상이 발현된 근로자를 조사하였다. median과 ulnar sensory evoked peak latencies차이를 근거로 하여 손에서 median mononeuropathy의 전기진단결과 무증후 근로자 78사례가 확인되었다. $\geq 0.5\text{ms}$ 차이는 비정상이었고 정상의 차이는 $\leq 0.2\text{ms}$ 이었다. 양손에서 정상 신경전도를 보인 무증후 대조군을 연령, 성별로 짝짓기하였다.

추적설문조사를 17개월후(SD6) 실시하였다. 조사결과, 추적조사 참여자는 72%이었고 환자군에서는 추적조사기간동안 유발한 증상의 위험성이 대조군에서 10%인 것에 비하여 환자군에서는 12%이었다($X^2=0.12, p=0.73$).

결론적으로 무증후 근로자에서 비정상 정중 감각신경 전도검사는 향후 손 또는 수지증상호소를 예측하지 못하였으며 만약에 작업중인 근로자 가운데 배치전 선별검사를 하였다면 주의가 요망된다.

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