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A Descriptive Study to Assess the Prevalence and Risk Factors of Low Back Pain among Staff Nurses in Selected Hospital at Chennai.

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ABSTRACT

This study is aimed that Lower back pain can come on suddenly or gradually, and is sometimes the direct result of a fall or injury. The complex structure of your lower back means that even small amounts of damage to any part of the lumbar region can cause a lot of pain and discomfort. Pain in your lower back is usually a symptom of stress or damage to your ligaments, muscles, tendons or discs. In some cases, if a nerve in your back is pinched or irritated, the pain can spread to your buttocks and thighs. This is known as sciatica. These exercises are also useful for 'warming up' your back. Many people injure their back when doing everyday chores at home or work, such as lifting, gardening or using a vacuum cleaner. 'Warming up' your back before you start these chores can help prevent injury. One of the biggest causes of back injury, especially at work, is lifting or handling objects incorrectly. Learning and following the correct method for lifting and handling objects can help prevent back pain

Keywords: Low back pain, nurses, prevalence, knowledge, variables .

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INTRODUCTION

A little care makes healthy Low back pain affects the area below the ribs and gluteal muscles often radiating to the thigh and can be acute or chronic. The most common cause is lumbar strain after lifting or twisting, more than men women are affected by back pain.

Low back pain is a serious problem caused by multitude of factors in the population at large as well as among nursing staff.

Objectives of study

- To identify the prevalence of low back pain among staff nurses
- To find out the risk factors associated with low back pain among staff nurses
- To determine the association between demographic variables and prevalence of low back pain among staff nurses
- To determine the association between demographic variables and risk factors of low back pain among staff nurses

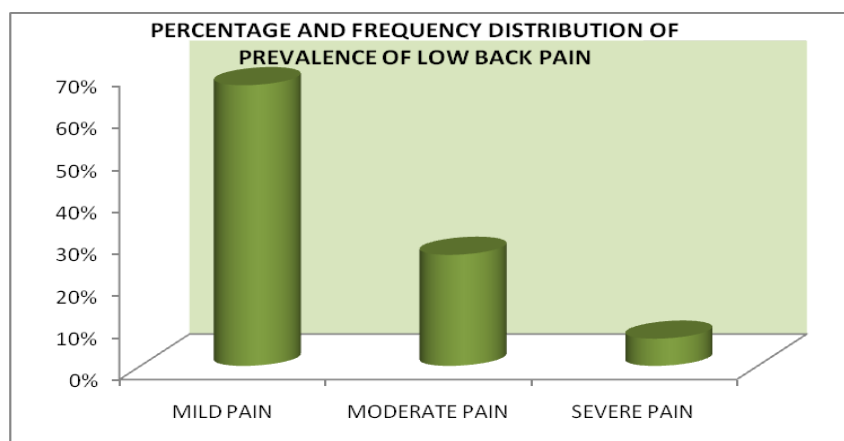
The review of literature provided the base for the development of the structured questionnaire. A wide review of literature was done on prevalence and risk factors of low back pain among nurses related to health, social and clinical. The study was done on 30 staff nurses in selected hospital at Chennai. The collected data was analyzed by using descriptive statistics and inferential statistics which included frequency, percentage distribution and chi – square test.

Major findings of the study

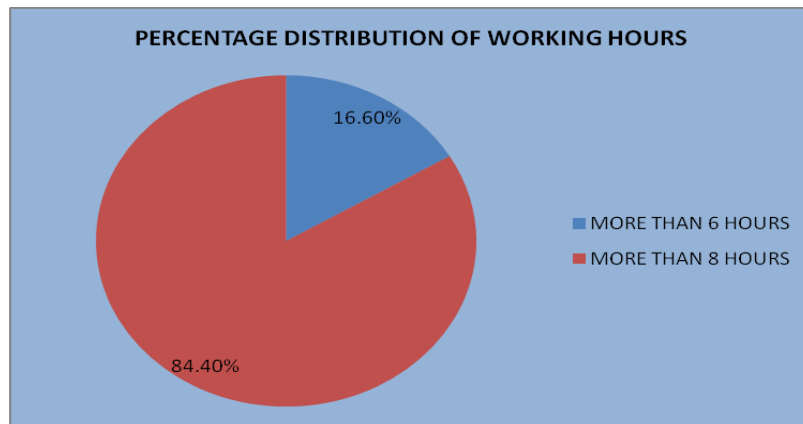
The study findings reveals that majority of the staff nurses (73.3%) were in the age group of less than 25 years as well as majority of female (96.6%) and single (67%).

Majority of them (83.3%) are diploma nursing and (90%) working in ward. most of the staff nurses have earn income of Rs.5000 – 10,000 (60%) and are living in hostel (90%). Most of them are in height between 145 to 155 cms (53.3%) and have weight in between 40-50 kgs (60%) and have moderate BMI.

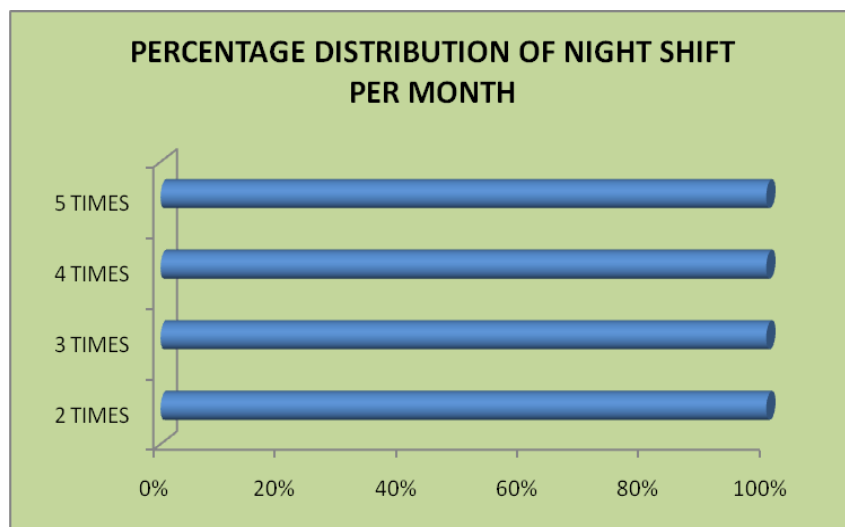
Most of the nurses (67%) had mild back pain, whereas (26.6%) had moderate back pain and (6.5%) had severe back pain.



Most of the nurses (83.3%) are working more than 8 hrs in a day and (100%) not doing part time job. 100% of them don't have previous history of low back pain.



Most of them (83.3%) have night shift twice a month and most of them don't use lift for climbing upstairs and are not doing back exercises. (60%) as well as do not have previous musculoskeletal problems Majority (80%) of staff nurses do not wear high heel, but (20%) of them wear heels.



There is no significant association between demographic variables and level of low back pain among staff nurses at $P > (0.001)$, there is no significant association between place of living and level of back pain among staff nurses $P > (0.001)$. However there is no significant association with other demographic variables.

Recommendations

The researcher recommends the following studies in the field of nursing research

- The same study can be conducted in larger sample for better generalization
- The study could be replicated in different settings
- The study can be conducted to assess the knowledge and attitude of low back pain among staff nurses
- Relaxation therapy can be provided to staff nurses working in hospital

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