

Prevalence Of Lower Back Pain Among Palestinian Nurses In Nablus Hospitals And The Associated Factors

Students:

Nizam Farhat
Shehab Shadid
Mohammad Shaba'an
Walid Abu Shehab
Firas Mousa
Odai Kabha

Supervisor:

Dr. Mariam Amer Al-Tell

Abstract:

Introduction: Nurses are the main hospital staff close contacts with patients, and they are at higher risk than other health professionals to suffer from injuries and work related musculoskeletal disorders such as low back pain (LBP). They injure their backs from the physical burden associated with manual handling of patients, Work activities involving bending, twisting, frequent heavy lifting, awkward static posture, Persistent and repeated patient lifting and transferring, Poor knowledge of back care ergonomics and unavailability of lifting equipment, overweight/obesity, wearing unstable shoes, staff shortages (high workload for patient Care) , are major predisposing factors to LBP among nurses . The purpose of this study is to determine the prevalence and associated factors of lower back pain (LBP) among nurses in Nablus hospitals, Palestine.

Methodology: In this cross-sectional study a structured questionnaire designed to assess the prevalence and to determine possible associated factors and significant predictors for LBP among 181 nurses who are working at (ICU , CCU, Operation Rooms , Emergency) departments in Nablus hospitals , Palestine .

A self-administered questionnaire was used to collect data regarding five different measures, Demographic data, Work-related risk factors of LBP, possible related consequences of LBP, Factors affecting low back pain and For females / Relationship between lower back and the menstrual cycle and reproduction. Descriptive and analytic statistical analyses were done using chi-square and multivariate logistic regression techniques. Significance was considered at $p \leq 0.05$.

Results: The findings of this study were based on 181 nurses with (response rate 67%). confirm the high prevalence levels of back pain in nursing 79% , 34% of them more than one-year prevalence of LBP, Treatment was sought in 75 % by medical care, and 59% by physiotherapy, while seeking rest days and/or sick leave was sought in 24% of nurses with LBP, a high percentage of nurses reach to 61% declared that they did not receive enough education about lower back pain, 79% of women who have lower back pain notice an increase in lower back pain during the menstrual cycle.

Age ($p = 0.003$), Lifting heavy objects during shift ($p = 0.00$) , Bending to lift item from floor

level ($p= 0.00$) , and Changing patient positions ($p= 0.00$) were the only significant predictors of LBP among nurses.

Conclusion: We can conclude that LBP is highly prevalent (79%) among Palestinian nurses in Nablus hospitals, Age, Lifting heavy objects during shift , bending to lift item from floor level, and Changing patient positions were the significant predictors of LBP among nurses. Preventive measures should be taken to reduce the risk of lower back pain, such as arranging proper rest periods, educational programs to teach the proper use of body mechanics and sports activity programs, patient lifting equipment, Further study is needed, to study the associations between LBP and individual / lifestyle as well as professional factors .

Keywords: Low back pain, Nurses, Palestine, Prolonged work shift, Job stress, Associated factors.