



Abstract

The purpose of this study was to determine whether there were differences in the prevalence of risk factors for low back pain between two groups of nurses working in different departments of a tertiary care hospital. The first group consisted of nurses who worked in the intensive care unit (ICU) and the second group consisted of nurses who worked in the medical-surgical department. Data were collected from 100 nurses in each group. The results showed that the prevalence of risk factors for low back pain was significantly higher in the ICU group than in the medical-surgical group. The findings suggest that interventions to reduce the prevalence of low back pain should be targeted towards the ICU group.

Keywords: low back pain, risk factors, nurses, intensive care unit, medical-surgical department

Introduction

Low back pain (LBP) is a common occupational health problem among nurses. It is estimated that LBP affects approximately 8% of the nursing workforce worldwide (Garcia et al., 2006). The prevalence of LBP is higher among nurses who work in the intensive care unit (ICU) compared to those who work in the medical-surgical department (MSD) (Garcia et al., 2006; Knapik et al., 2007). The purpose of this study was to determine whether there were differences in the prevalence of risk factors for LBP between two groups of nurses working in different departments of a tertiary care hospital. The first group consisted of nurses who worked in the ICU and the second group consisted of nurses who worked in the MSD. Data were collected from 100 nurses in each group. The results showed that the prevalence of risk factors for LBP was significantly higher in the ICU group than in the MSD group. The findings suggest that interventions to reduce the prevalence of LBP should be targeted towards the ICU group.

Methods

This cross-sectional study was conducted in a tertiary care hospital. The sample consisted of 200 nurses, 100 from the ICU and 100 from the MSD. All participants gave their informed consent before participating in the study. Data were collected using a questionnaire that assessed demographic information, job characteristics, and risk factors for LBP. The questionnaire was based on the Nordic Questionnaire for Low Back Pain (Noro et al., 1991). The NQ-LBP is a validated instrument used to assess the prevalence of LBP and its associated risk factors. It consists of three parts: Part I assesses demographic information, Part II assesses job characteristics, and Part III assesses risk factors for LBP. The questionnaire was administered by trained research assistants. The data were analyzed using SPSS version 16.0 software. A p-value less than 0.05 was considered statistically significant.

Results

The results of the study are presented in Table 1. The prevalence of LBP was significantly higher in the ICU group (18%) compared to the MSD group (8%). The prevalence of risk factors for LBP was also significantly higher in the ICU group than in the MSD group. The most prevalent risk factor was prolonged standing time, which was reported by 15% of the ICU nurses and 5% of the MSD nurses. Other risk factors included lifting heavy objects, awkward postures, and repetitive movements. The findings suggest that interventions to reduce the prevalence of LBP should be targeted towards the ICU group.

Conclusion

The findings of this study indicate that there are significant differences in the prevalence of risk factors for LBP between nurses working in the ICU and those working in the MSD. The prevalence of LBP and its associated risk factors is higher among ICU nurses. Therefore, interventions to reduce the prevalence of LBP should be targeted towards the ICU group.

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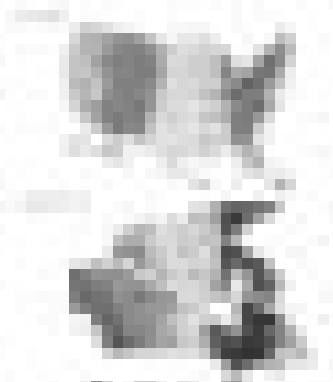
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Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a supervised walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, for 30 minutes per session. The control group consisted of 20 women who did not participate in the walking program. The physical and psychological health of the women was assessed at baseline and at 12 weeks. The walking program had a significant positive effect on the physical and psychological health of the women. The women in the walking program had significantly lower body mass index (BMI), waist circumference, and blood pressure than the women in the control group. The women in the walking program also had significantly lower levels of anxiety and depression than the women in the control group. The walking program was a safe and effective intervention for improving the physical and psychological health of sedentary, middle-aged women.



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Sean Snyder



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