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A Study to Assess the Knowledge About Prevention of Low Back Pain Among Staff Nurses in Selected Hospitals of Jodhpur

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Abstract
Background *- This study is to assess the knowledge about prevention of low back pain among staff nurses in selected hospitals of Jodhpur with a view to develop an information booklet.*
Materials and Methods *- The descriptive research approach is considered suitable to assess the knowledge about prevention of low back pain among staff nurses in selected hospitals of Jodhpur. Self-administered questionnaires was used on assessment of low back pain, actual tasks performed by the nurse and related risk factors one that gives accurate portrayal of characteristics of persons, situations or group and the frequency with which certain phenomena occur. The final study data was collected from 29-01-2025 to 25-02-2025 regarding the study to assess the knowledge about prevention of low back pain among staff nurses in selected hospitals of Jodhpur.*
Results*- Regarding total numbers of sample (100), 28 (28%) sample had inadequate knowledge, 50 (50%) of sample had moderately knowledge and 22 (22%) of sample had adequate knowledge regarding prevention of low back pain among staff nurses with mean score of 16.37 and S.D. score of 7.036.*
Conclusions *– Chronic low back pain is an important occupational injury. Musculoskeletal injuries, especially chronic low back pain, are prevalent in the nurses, and can lead to reduced productivity, work absenteeism, and work disability. The study concluded that participants lacked appropriate knowledge with regard to prevention of low back pain among staff nurses*
Key Words *– Lower back pain , Knowledge , Prevention , Hospitals.*

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I. Introduction

''Take care of your body. It's the only place you have to live in".

Jim Rohn

Low Back Pain can range from mild, dull, annoying pain, to persistent, severe, disabling pain in the low back. Pain in the low back can restrict mobility and interfere with normal functioning. Low back pain is classified as acute (or short term) and chronic (long term). Acute low back pain lasts from a few days to a few weeks. Most acute low back pain will resolve on its own. Chronic low back pain lasts for more than 3 months and often gets worse. The most common symptoms of low back pain may include discomfort or pain in the low back that is: - aching, Burning, Stabbing, Sharp or dull, well-defined or vague.

Basic Principles of Mnemonics – lower back pain , Nurses health, prevention .

Low back pain is one of the most common clinical health problems in nurses. The literature review reveals that low back pain prevalence ranges between 33% and 86% for Italian nurses and the prevalence is annually 73.5% for Nigerian nurses. The nurses reported that low back was the most common painful area in their body. The study conducted by Altinel et al. (2007) found that the frequency of low back pain in nurses is two times more than in doctors.

II. Materials And Methods

a) **Research approach** - descriptive approach
b) **Research design** - descriptive design was selected

c) Setting of the study – nurses working in Vyasmedcity hospital , Jodhpur.
d) Participant and procedure - Self-administered questionnaires was used.
e) Sampling technique – Non probability purposive sampling technique.
f) Sample size – the sample size was 100 nurses.

g) Inclusion criteria –

- Those who were willing to participate in the study.
- Those who were presently working as staff nurses in selected hospitals at Jodhpur.
- Age group 21-50 years.

h) Exclusion criteria –

- Those who are on leave or vacations.
- Nurses who are not available at the time of Study.

i) Variables of the study –

- Independent variables – Level of knowledge regarding prevention of low back pain among staff nurses.
- Dependent variables - Demographic variables in this study such as age, gender, educational qualifications, total years of experiences, areas of work, number of working hours in a day or in a week.

j) Description of the tool - A closed-ended questionnaire was prepared containing informed consent along with 2 sections. (I.e. Socio demographic, self administered questionnaires.

Socio demographic data - Included seven demographic variables such as age, gender, area of work, educational qualification, total years of experience as staff nurse, Number of working hours in a day, Working hours per week (in hours).

Assessment of low back pain - self-administered questionnaires were used consisted of thirty-three items.100 staff nurses were taken from selected hospital to assess the knowledge regarding low back pain. Self-administered questionnaires were prepared and the validity & reliability of the tools was tested. Data was collected after obtaining permission from the concerned authority to conduct the study. Data was analyzed by using descriptive and inferential presented in the form of tables, figures etc.

k) Reliability of the Tool - In order to establish reliability of the tool it was administered to 10 staff nurses of hospital area other than simple area. Reliability in the effectiveness off descriptive study was established through the test. With the reliability score off r = 0.82.

l) Statistical Analysis - The data obtained was analyzed in terms of the objectives of the study using descriptive and inferential statistics were used for analysis. Pie chart and bar graph were used to describing demographical characteristics of the samples. Chi square test was most suitable for Finding relationship between level of knowledge regrading prevention of low back pain among staff nurses with selected socio-demographical.

III. Result

Part I - Chi Square value showing association of the knowledge regarding prevention of low back pain with selected socio-demographic variables.
df

S.N	Demographic variable	Inadequate Knowledge	Moderate Knowledge	Adequate knowledge	Chi Square	df	"P" Value
1	**Gender**				0.889	1	**0.05**
	Male	8	10	6			
	Female	20	40	16			NON SIGNIFICANT
2	**Age of the staff Nurses**				**25.694**	**3**	**0.05**
	21-29	10	8	2			SIGNIFICANT
	30-38	15	22	3			

	39-47	3		14	10		
	48-50	0		6	7		
3	**Educational qualification**					**69.014**	**3**
	Diploma in nursing	17		14	1		
	B.Sc. nursing	9		16	2		
	Post B.Sc. Nursing	2		20	6		
	M.Sc. Nursing	0		0	13		
4	**Total years of experience as staff Nurse**					**17.561**	**3**
	<4	12		14	2		
	5-10	12		16	6		
	11-15	4		14	7		
	>15	0		6	7		
5	**Area of work**					**14.857**	**3**
	Surgical / medical ward	10		5	1		
	Intensive care unit / operation theatre	6		14	8		
	Casualty ward	6		13	9		
	Burns ward	6		18	4		
6	**Number of working hours in a day**					**19.184**	**3**
	5-7 hrs	0		15	11		
	8-11hrs	9		14	4		
	12-14hrs	14	14	3			
	More than 14hrs	5	7	4			
7	**Working hours per week (in hours)**				**10.766**	**3**	**0.05**
	30-40	3	6	4			SIGNIFICANT
	40-50	9	7	3			
	50-60	11	12	5			

0.05
SIGNIFICANT
0.05
SIGNIFICANT
0.05
0.05
SIGNIFICANT

	>60	5	25	10	

Part II - Showing level the knowledge regarding prevention of low back pain among staff Nurses.
N = 100

S.No	Level of knowledge	Scoring Criteria	Frequency	Percentage
1.	Inadequate knowledge	0-11	28	28
2.	Moderately knowledge	12-22	50	50
3.	Adequate knowledge	23-33	22	22

IV. Conclusion

Regarding total numbers of sample (100), 28 (28%) sample had inadequate knowledge, 50 (50%) of sample had moderately knowledge and 22 (22%) of sample had adequate knowledge regarding prevention of low back pain among staff nurses with mean score of 16.37 and S.D. score of 7.036.

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