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Epidemiology of low back pain among nurses working in public hospitals of Addis Ababa, Ethiopia

Belay M M, Worku A, Gebrie S A and Wamisho B L
Addis Ababa University, Ethiopia

Low back pain (LBP) related to Nursing Profession is common public health problem throughout the world. Etiology is assumed to be of multi-factorial origin as individual, work-related and psychosocial factors can contribute to its development. The aim of this study was to determine the prevalence and identify risk factors of LBP among Nurses working in Addis Ababa City Public Hospitals, Ethiopia. A cross-sectional study with internal comparison was conducted from October-to-December, 2015. Sample was chosen by simple random sampling technique by taken the lists of Nurses from human resource departments as a sampling frame. A well-structured, pre-tested and self-administered questionnaire was used to collect data. The questionnaire included socio-demographic, features and consequences of back pain, work-related and psychosocial factors. The collected data was entered in to Epi Info and analyzed by SPSS. A probability level of 0.05 or less and 95% confidence level was used to indicate statistical significance. Ethical clearance was obtained from all respected administrative bodies, Hospitals and study participants. The study included 395 Nurses and gave a response rate of 91.9%. The mean age was 30.6 (± 8.4) years. Majority of the respondents were female (285, 72.2%). Nearly half of the participants (n=181, 45.8%) were complained Low Back Pain. There were significant association between LBP and working shift, physical activities at work; sleep disturbance and felt little pleasure by doing things. A high prevalence of LBP was found and recognition & Preventive measures like providing resting periods should be taken to reduce the risk of LBP in Nurses working in Public hospitals.

mengemulu99@hotmail.com

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