Factors Related to Low Back Pain Among Nurses at Dr. Soetomo District Hospital - Surabaya

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Abstract:

This research was conducted to know all the possible factors related to Low Back Pain (LBP) among nurses in this hospital. Hopefully, the result can be used as reference for the management to determine the next policy to overcome the disease and if it is possible to prevent it. This was a cross-sectional research with 101 nurses as sample taken non randomly from 257 population of nurses. Chi square test was used to know the correlation among independent variables and dependent variable (LBP) using level of significance 0.05. The result showed that most of the respondents were > 45–50 years old, women (69.3%), had nurses job (63.4%). Only 14% of them had another job besides as nurses and only 7% of them also worked as nurses at other places. Most of them had working period > 16–24 years (30.7%) with daily working hours 7 hours (50.5%). Most of them were in the normal nutritional status (50.5%) and never did sport (44.6%). Among them who did sport did it 1–2 times weekly (35.6%). The most favorite sport was gymnastic (43.3%) and most of them did it > 45 minute each time (44.3%). Among them, there were 45.5% respondents who had LBP complaints or experience. Statistically, there was no correlation between all those variables with LBP (p > 0.05). There was a tendency that the older they were the more frequent the LBP complaint was and those who did sport tend to have less frequent LBP complaint. The higher the Body Mass Index (over weight and obesity) was the higher the LBP complaint would be. Based on the result above, it is recommended that the management of this hospital, especially the local management of Emergency Unit start concerning about LBP problems on their workers and planning to prevent it for the future.

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