

ABSTRACT

Nurses working in a hospital are at greater risk of developing low back pain due to their daily activities such as frequent and improper lifting, carrying, pulling and pushing patients, standing for a long time with awkward working posture while observing their patients, taking their blood pressure, counting their pulses regularly, given injection, setting infusion etc.

A study on risk factors associating with low back pain was carried out among nurses (handling hospitalized patients) employed in a pilgrim hospital (RS Haji) in Surabaya.

The objectives of this study were to determine the prevalence of low back pain, to analyze the associations between low back pain and individual risk factors (age, sex, length of employment, sport habit, nutritional status, marital status) and low back pain. This study also analyzed the associations between job risk factors (working posture, side jobs) and low back pain, and to arrange strategy for preventing the development of low back pain.

The design of this research was an observational analytical study. The population of this research was 50 nurses working in Marwah, Shofa, and Intensive Care Units. A number of 43 nurses had met the given criteria i.e. males, or females nurses who were not pregnant or those who did not menstruate, and with no medical history of back injuries and kidney disorders. The number of samples were 39 nurses, and the sampling technique used was simple random sampling. Data were collected by means of interview using questionnaires and observation using a checklist. The data obtained were analyzed with simple and multiple logistic regression test by means of computer program.

The results of this research showed that the majority of respondents were in the age groups of under 30 years old (51,3%), females (74,3%), with length of employment of 6-10 years (38,5%), took regular physical exercises (53,9%), had good nutritional status (61,5%), had no side jobs (66,7%), and incorrect working posture (87%). The prevalence of low back pain was 87,2%. Both individual risk factors and job risk factors were not statistically associated with complaint of low back pain.

Owing to the high prevalence of low back pain, it is recommended that the role of hospital's Occupational Health and Safety Committee be increased in order to prevent the occurrence of low back pain, training on correct working posture and work position be given to all nurses and those who involved in nursery, and periodic monitoring and evaluation of working posture be conducted.

Key words : nurses, low back pain, hospital

