ABSTRACT

The Association of personal factor, psychosocial factor, occupational physical activity factor and low back pain among nurses (a study at ICU and ICCU of XYZ hospital)

Low back pain is a musculoskeletal disorder which caused by multifactorial. This factor consist of personal factor, psychosocial factor and occupational physical activity factor. The aim of this study is to analyze the association of personal factor, occupational psychosocial factor, occupational physical activity factor and low back pain among ICU and ICCU nurses at XYZ hospital. This quantitative study applied cross sectional design. All 46 nurses at XYZ ICU and ICCU hospital were taken as respondent. Data was collected through questionnaire, manual handling frequency self report, and REBA. The result show that 68.3% of nurses experience low back pain. Bivariat analysis showed that nurse low back pain have: a quite strong association with body mass index (r = 0,424), nurse perception about job demand (r = 0,414), nurse perception about social support (r = 0,510), nurse perception about job satisfaction (r = 0,401) and lateral patient transfer (r = 0,439); a weak association age of nurse (r = 0,310), years of work (r = 0,378) and nurse perception about job control (r = 0,333); a very weak association with nurse sport activity (r = 0,149). Employer need to provide continuous training about ergonomy aspect of lateral patient transfer for nurse. They also need to provide patient transfer lifting tool for supporting previous ergonomy training so that will reduce the risk of nurse low back pain.

Keyword: Low back pain, nurse, intensive installation unit