Risk Factors Related to Low Back Pain among Female Nurses at District General Hospital Chilaw and National Institute of Mental Health, Angoda

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Low back pain is a nonspecific condition of acute or chronic pain in or near the lumber sacral spines that can be caused by inflammatory, degenerative, neoplastic, gynecologic, traumatic, metabolic or other disorders. It is common and accounts for many reported disabilities among nurses. The aim of this study is to determine the risk factors related to low back pain among female nurses under three categories, i.e. individual factors, psychological factors and work-related factors. This is a quantitative, descriptive and cross-sectional study. A sample of 152 female nurses between the ages 20 - 60 and who had been experiencing symptoms of low back pain over a month or more with 5 or above rating in the pain scale were selected based on non-probability convenience sampling method. A pre-tested interview-based questionnaire was used to identify the existence of risk factors among the nurses with low back pain. Data collection was carried out at the District General Hospital Chilaw and National Institute of Mental Health, Angoda. Sixty percent of the sample (n= 91) presented with personal risk factors such as middle age (40- 50 years), marriage, having more than one child, history of Lower Section Cesarean Surgery and the high Body Mass Index (BMI > 24 kg/m^2). Forty percent of the sample (n = 60) presented with psychological risk factors such as stress and lack of social support and 35 % (n = 53) presented with work related risk factors such as working at special units such as ICUs, having more than six-night duties per month, having more than thirty-six duty hours per week and incorrect postures. Prevention of these risk factors could be done by implementing new policies to educate nurses on healthy nursing practices and proper nursing work delegation. This may further lead to quality patient care and practices as well.

Keywords: Risk Factors, Low Back Pain, Female, Nurses