
PREVALENCE AND RISK FACTORS ASSOCIATED WITH LOW BACK PAIN AMONG HEALTH CARE WORKER IN KOTA TINGGI

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ABSTRACT

Introduction: The purpose is to measure the prevalence and related risk factors of low back pain (LBP) among health care workers at different levels of health care in the district of Kota Tinggi, Johor. Objective: To investigate the prevalence, the consequences and the risk factors associated with low back pain (LBP) among healthcare workers. Methodology: The study sample consisted of 405 health care providers who answered a pre-established questionnaire including 23 items. Results: The cumulative life-prevalence of LBP was 57.03%. Chronic LBP prevalence was noted 21.23% of the cases. 16.5% of them suffered from the complication of the LBP. Treatment was sought in 14.8 % of LBP sufferers and 8.39% required sick leave or absence from work due to LBP. 15.6% of the healthcare worker had sustained the consequences of back pain. Risk factors associated with LBP were professional categories, bad body posture, lifting objects or patients and the increased levels of lifting, levels of job satisfaction and stressful job demands. Conclusion: There was a high prevalence of LBP among healthcare worker, resulting in significant medical and socio-professional consequences. Many risk factors were identified that would necessitate multidisciplinary involvement to reduce the LBP incidence and related costs.

Keywords: Low Back Pain (LBP); Healthcare worker; Prevalence; Consequences; Risk Factors
