

Low Back Pain and Patients Lifting Behaviors among Nurses Working in Al Sadairy Hospital, Aljouf

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Abstract : Low back pain (LBP) among nurses has been the subject of research studies worldwide. However, evidence of the influence of patients lifting behaviors and LBP among nurses in Saudi Arabia remains scarce. The purpose of this study was to investigate the relationship between LBP and nurses lifting behaviors. LBP questionnaire was distributed to 100 nurses working in Alsadairy Hospital distributed as Emergency unit(9), Coronary Care unit (9), Intensive Care Unit (7), Dialysis unit (30), Burn unit (5), surgical unit (11), Medical (14) and, X-ray unit (15). The questionnaire included demographic data, attitude scale, Team work scale, Back pain history and Knowledge scale. Regarding to emergency unit, there is appositve significant relation between teamwork scale and Knowledge as $r = (0.807)$ and $P = 0.05$. Regarding to ICU unit, there is a positive significant relation between teamwork scale and attitude scale as $r = (0.781)$ and $P = 0.05$. Regarding to Dialysis unit, there is a positive significant relation between attitude scale and teamwork scale as $r = (0.443)$ and $P = 0.05$. The findings suggest enhanced awareness of occupational safety with safe patient handling practices among nursing students must be emphasized and integrated into their educational curriculum. Moreover, back pain prevention program should incorporate the promotion of an active lifestyle and fitness training the implementation of institutional patient handling policies.

Keywords : low back pain, lifting behaviors, nurses, team work

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