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PREVALENCE OF LOW BACK PAIN IN PRIMARY FEMALE SCHOOL TEACHERS

Rao Muhammad Waqas Kaleem[*1], Umar Shahzad[2], Hufsa Shahzad[3], Zaryab[4] , Afifa Batool[5]

[*1]Assistant Lecturer, Humanities and Social Sciences Department at Khwaja Fareed University of engineering and information technology, RYK,64200 (Punjab)

[2]Research Assistant at SDPI.

[3] Orthotist Prosthetist, National Special Education Centre for physically handicap (DGSE), Ministry of Human Rights, Islamabad.

[4] BM Orthopedic, Rehabilitation Centre for physically Handicap, Rawalpindi.

[5] Lecturer, Khalid institute of Health Sciences, Lahore.

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ABSTRACT:

Background:Low back pain is most common musculoskeletal disorder of professional life and people who have hard work during activity of daily life.

Objective:The purpose of study was to treasure prevalence of low back pain in primary female school teacher in district narowal and give awareness about its management that is the era of province Punjab where a very little work about LBP has done.

Material and methods:Different private sector in district narowal in different aera.

Duration:The study design takes about 6 to 12 month.

Study design:Study design was observation cross sectional study.

INTRODUCTION:

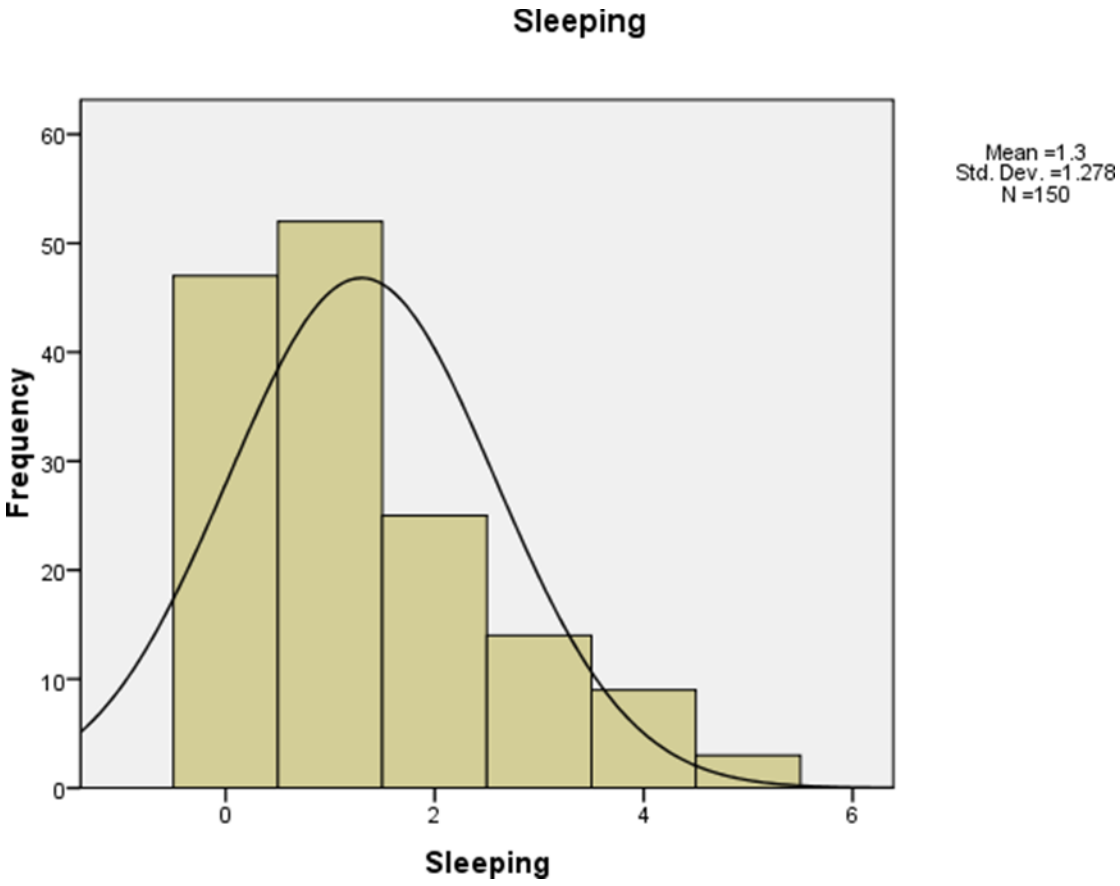
Musculoskeletal disorder has been established a remarkable health issue in different occupations

especially in teaching profession's covers different panic anatomical and physiological health issue related to human body. Low back pain is one of most common MSD in primary school teachers because of their heavy routine work. According to a survey patients self-reported percentage of the low back pain in primary school teacher ranges from 39% to 95% .Different field related and other factors are responsible for development of low back pain in school teachers that are excessive work load (work related to exam, arrangement of classes heavy work demand from school management and colleagues). Work related posture, timing, gender, age, BMI, smoking, any previous surgery, systemic issue; spine related issue and different anatomical and psychosocial factors are involved in it. A proper work related to risk factors of low back pain in school teachers is required to effectively manage and treat this issue in school teachers. The aim of this study was to treasure prevalence of low back pain in primary school teachers especially that teach in private sectors. The limitation of this study was that only those female teachers involve who have minimum one and maximum four year job experience. Age limited also involve in it that is 18 to 25 years. Those female teachers are excluded that have a history of spine issue, accident trauma and fracture. This study limited to only district narowal and only one variable is involved in it.the because there is no detailed work is carried out yet in narowal. This is a developing era of Pakistan in Punjab province. This study provides a solid base for practical solution to reduce this health issue so that academic of life of student not effected badly because of it.

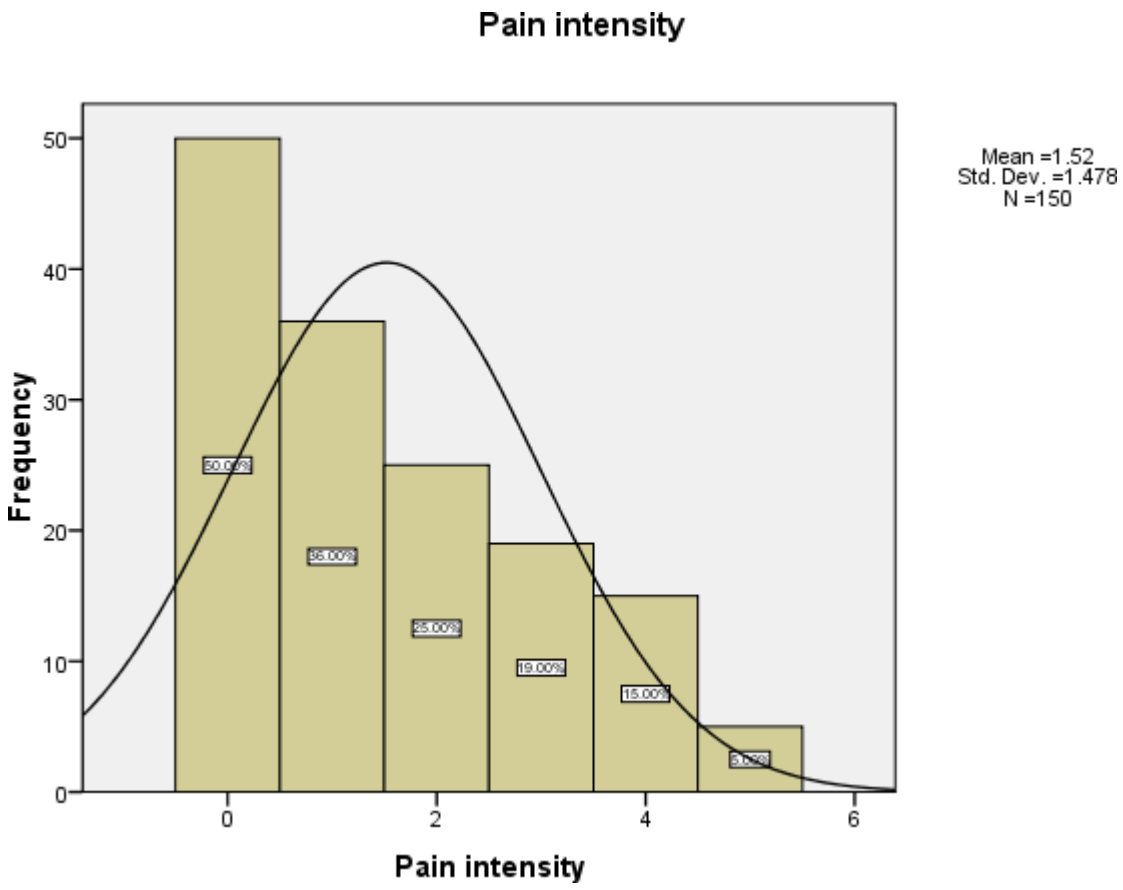
RESULT:

Total 170 primary female school teachers participated in study with response rate 88.23%.age of participated teachers range from 18 to 25 .most of them were undergraduate or university graduate. The 12 month prevalence of low back pain in primary female school teachers was 30.0% and from last 7 days the percentage was 54.4% that is higher than 12 month. From last 7 days 46.0% are those that have no disturbance in rotten work while 54.0 have a little disturbance in rotten work.54.7% can perform activity of daily life without any health issue .almost 60% have trouble like ache pain randomly at any time during any activity while 40% have no issue .42.7% have visited to different physician for such panic issue related to back during last 12 month.57.31% have no need to visit any physician 60% are those who have MSD disorder and need a physician to visit.5 to 38% with mean value of 1.8and standard deviation 1.4 are those that have disturbance in social life.4 to 40% are those that have disturbance in heavy lifting activities or in those activities related to lifting with mean age of 1.93 and standard deviation 1.48.The 5 to 38% have issue during walk and travel. 5 to 42% and 5 to 45 % have problem during sitting and standing activities respectively.

GRAPHICAL REPRESENATION:



From above histogram it shown that out of 150 most of the person who have disturbing during sleep falls between 5 to 45 with mean 1.3 and standard deviation 1.27



From above histogram it is found that 8% to 38% participants out of 150 with the mean value of 1.52 and standard deviation value have pain intensity.

During the last twelve months have you prevented from carrying out normal activities(Job,ADL)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	82.00	54.70	54.70	54.70
	Yes	68.00	45.30	45.30	100.00
	Total	150.00	100.00	100.00	

Above data this show that 54.7 percent have no trouble in activity of daily life and 45.3 percent have trouble in activity of daily life.

During the last seven days have you had trouble in

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	69.00	46.00	46.00	46.00
	Total	150.00	100.00	100.00	

From above data it found that 46.0 percent have no back pain from last 7 day. And 54.0 have back pain from last sevendays.

DISCUSSION:

Musculoskeletal disorder is most common disorder among different occupational and professional person this is a broad term that use for different anatomical and physiological disorder such as arms, neck, back, elbow and shoulder joint and different dysfunctional problems related to human body include. different study result show that among MSD the most common and highest disorder is low back pain disorder .different field workers have different ratio of low back pain depending upon nature of job, person interest to job, physiological disorder ,duration of job ,age difference, any systemic condition degenerative disorder mood swingsetc.

Our study show that prevalence of low back pain in primary female school teachers from last 12 month to last seven days was 36.00% and 54.4% respectively with mean age of 21 .this prevalence is comparable to other country's prevalence of 12 month low back pain with musculoskeletal disorder such as MALYSIAN study on low back pain in primary school teachers show range of low back pain of 40.4% to 72.9% .that can also be compared with Asian study of prevalence of low back pain that range from 20% to 53% of different countries except japan that have very low prevalence of 20.6% that may be due to cultural difference and activities of daily life. When we compare this study with some other country such as BRAZAIAN teacher's show 41.1% among primary and secondary school teachers and when compare it with Chinese teachers the prevalence shown by survey was 40.00% of 12month.

CONCULLSION:

The result of this study show that prevalence of low back pain among primary female school teachers is greater because of their job duration, social activities lack of availability of proper tables and chairs, work burden and lack of awareness about body posture. Among all 150 participants 54.00%, have trouble in back from last seven days 60% have back ache and pain from last 12 month,45.33% have restriction in their job activities from last 12 month and 42.0 have gone to any physician for this condition.

While 46% have no trouble from last seven days 40% have no any trouble in back such back pain and ache from last 12 month 54.67 have restriction in job activities due to back pain and 57.3 have not seen any physician for this condition .from this result it also found that those who have not seen any physician for this condition have most trouble and disabilities during their job activities and daily activities all of this was due to lack of awareness of healthy diet ,posture an awareness, stress job burden socioeconomics reasons.

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