

Evaluation of frequency of Low Back Pain among Residents of Tabriz University of Medical Sciences in Relation With Their Position During Work

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Background:

Low back pain is one of the most common complaints among the general population and health professionals. Physicians face multiple risk factors in the workplace that can represent the underlying cause or aggravation factors of back pain.

Objectives:

The aim of this study was to assess prevalence of low back pain among a number of residents of different medical specialties and its related risk factors.

Method:

A Dutch Musculoskeletal Questionnaire (DMQ) had been given to 125 medical residents. Part I concerned about general information, part II concerned about work inquiries and part III assessed the characteristics of the low back pain.

Results:

The overall prevalence of low back pain among residents was 56.8%, accounting for 45.1% among men and 76.5% among women. A total of

94.4% of them believed that their low back pain was related to their current job, while 72.6% considered that the onset of low back pain occurred during their new career. The statistical analysis found a significant correlation between low back pain and risk factors, such as working in the same position for long periods, repetitive movement (bending, twisting) of lumbar region, working in uncomfortable posture, stress, walking and standing for long periods. However, no significant relationship was found between low back pain and movement of heavy loads, smoking and prolonged sitting. The role of sport, as a protective factor in reducing the incidence of low back pain, was also proven.

Conclusion:

The prevalence of low back pain among residents is high and multiple different risk factors are associated with it.

Keywords:

Low back pain; Resident; BMI; MSD; prevalence