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Level of Disability Among Women Workers with Chronic Low Back Pain

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Abstract

Disability related to chronic low back pain is a complex and multidimensional phenomenon. A study was conducted to assess the level of disability among 40 women workers with chronic low back pain in selected Institutions, Coimbatore. The finding of the study revealed that most of the women workers with chronic low back pain had 5(12.5%) minimal disability, had 18(45%) moderate disability, and had 13 (32.5%) minimal disability, had 4(10. %) crippled disability.

Keywords: Level of disability, chronic low back pain.

Introduction

Chronic low back pain has various impacts on body functions, activity and participation in daily life and it is a most common cause for attending healthcare. However, after one year 63% -82% of primary care patient with low back pain report to have recurrent LBP and 20% - 45% impaired function. Chronic low back pain referred as pain duration >3 months, is associated with variation of recurrent or persistent pain.

Statement of the problem

A study to assess the level of disability among women workers with chronic low back pain in selected Institutions, Coimbatore.

Objectives

- To assess the level of disability among women workers with chronic low back pain
- To assess the relationship of low back pain with level of disability among women workers with chronic low back pain
- To find out the association between level of disability with selected demographic variables.
- To find out the association between level of low back pain with selected demographic variables.

Methodology

In this study, Descriptive design was adopted. Samples were selected by purposive sampling technique. The study was conducted at K.G institutions, Coimbatore and 40 working women were selected as the samples. The demographic variables were collected, Oswestry Questionnaire, numerical pain scale was given to each sample by selecting the sample under inclusive criteria to assess the level of disability among women workers with low back pain.

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Results and Discussion

Table 1: Distribution of level of pain among women workers with chronic low back pain.

Pain score	Frequency	Percentage (%)
Mild (1-3)	8	20.0
Moderate (4-6)	21	52.5
Severe (7-9)	11	27.5

Table 1 shows, 8(20%) of them had mild pain,21(52.5) of them had moderate pain,11(27.5) of them had severe pain.

Table 2: Distribution of level of disability among women workers with chronic low back pain.

Disability score	Frequency	Percentage (%)
Minimal disability	5	12.5
Moderate disability	18	45.0
Severe disability	13	32.5
Crippled	4	1.
Bed bond and exaggerated	-	-
Total	40	100

Table 2, on assessing the distribution of level of disability among women workers with chronic low back pain it was found that the samples had 5(12.5%) of minimal disability, 18(45%) of moderate disability, 13(32.5%) of severe disability,4(10%) crippled disability score.

Table 3: Correlation between levels of disability among women workers with chronic low back pain.

Variables	Mean	S.D	r
Pain	5.23	2.22	0.690
Level of disability	15.43	6.43	

Table 3, shows that there is a positive correlation between the pain and level of disability among women workers

Conclusion

The study concluded that women with low back pain had 45% of moderate disability. It was found that there is a positive correlation between pain and level of disability among the women.

Disability intervention measures may help in reducing the impact of low back pain among women with low back pain.

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