

Evaluate the effectiveness of selected nursing intervention on management of back pain among employees working in a selected company, Bangalore.



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“Evaluate the Effectiveness of Selected Nursing Intervention on Management of Back Pain among Employees working in a Selected Company, Bangalore”.

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IN

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Under the Guidance of

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OBJECTIVE

Chapter-II

OBJECTIVES

CHAPTER-II

OBJECTIVES OF THE STUDY

STATEMENT OF PROBLEM

“A Study to Evaluate the Effectiveness of Selected Nursing Intervention on Management of Back Pain among Employees working in a Selected Company, Bengaluru.”

OBJECTIVES

1. To assess the Pre-test and Post-test Level of Back Pain among Employees.
2. To Evaluate the Effectiveness of Selected Nursing Intervention on management of Back Pain among Employees.
3. To determine the association between Level of Back Pain and Selected Variables of Employees.

OPERATIONAL DEFINITIONS

1. **Effectiveness:** It refers to the reduction in the level of back pain after the selected nursing intervention as elicited by the difference in mean scores of back pain questionnaire.
2. **Selected Nursing Intervention:** It refers to the muscle strengthening exercises like abdominal crunch and twist, quad strengthening exercise, dead bug exercise, bridging exercise. These Exercises to be followed by the subjects twice a day for 20 minutes.
3. **Management of Back pain:** The measures/actions taken to reduce the Back Pain/discomfort/ache caused due to prolonged sitting. Back Pain will be assessed by modified Oswestry's Back Pain questionnaire.
4. **Employee:** It refers to males and females working in The Source Hub India pvt. Ltd., Bangalore.

ASSUMPTIONS

1. The employees may have lack of awareness regarding their awkward postures while doing work.
2. The selected nursing interventions may reduce Back Pain among Employees.

RESEARCH HYPOTHESIS

- H₁. There is a significant difference in the Pre-test and Post-test Levels of Back Pain among Employees.
- H₂- There is a significant association between Levels of Back Pain and Selected Variables of Employees.

6.9 DELIMITATIONS

1. The study is delimited to a selected company.
2. The Data collection period is delimited to 4 weeks only.

Conceptual frame work

A conceptual model broadly explains phenomena of interest, expresses assumption and reflects the philosophical view held by a person or a group of individuals. If a study is based on the conceptual model, the framework for study is most often referred to as a conceptual framework. This conceptual framework helps to explain the relationship between concepts, selected from several theories from the previous research results or from researcher own experiences.⁴⁹

The relationship of concepts in the study are described by using the “Theory of Holistic Comfort” by Katherine Kolcaba has been utilized. The comfort theory is a nursing theory that was first developed in the 1990s by Katharine Kolcaba and it is updated on February 10, 2011. Comfort Theory is a middle range theory for health practice, education, and research. If given interventions and actions patients/ families feel more comfortable as compared to their state of comfort prior to the nursing action.⁵⁰

The definitions of the major concepts in the theory are as follows:-

1. Health care needs: These needs are those identified by the patient/family in a particular practice setting.

In this study, health care need includes physical need such as relief from pain and improvement in functional abilities, psycho-spiritual need such as absence of fear and anxiety, socio-cultural needs such as adequate resources for care and environmental need such as absence of pain while doing activities of daily living.

2. Nursing intervention: According to comfort theory it is an immediate desirable outcome of nursing care. Additionally, when comfort interventions are delivered consistently over time, they are correlated with a trend toward increased comfort levels over time, with desired health seeking behaviours (HSBs), and with improved institutional outcomes.

In this study, intervention involves pre-test and post-test assessment of back pain among employees of a company through Modified Oswestry Low Back Pain Disability Questionnaire and demonstration of back strengthening exercise like abdominal crunch and twist, quad strengthening exercise, dead bug exercise to reduce pain.

3. Intervening variables are those factors that are not likely to change and over which providers have little control (such as prognosis, financial situation, extent of social support, etc.).

In this study intervening variables are age, marital status, income per month, knowledge regarding back strengthening exercises.

4. Enhanced comfort

Comfort theory states that enhanced comfort strengthens patients to consciously or subconsciously engage in a behaviour that moves them towards a state of well- being.

In this study, health seeking behaviour is categorized as external and internal. Internal behaviour should be reduced pain in terms of low score while using Modified Oswestry Low Back Pain Disability Questionnaire and external should be improved functional activities of the employees expressed in form of personal care, lifting, walking, sitting, standing, sleeping, social life, travelling, and employment.

5. Health seeking behaviour

Health seeking behaviour can be internal (healing, immune function), external (health related activities) or a peaceful death. The relation between comfort and health seeking behaviours are entailed in the second part of Kolcaba’s comfort theory. In this study health seeking behaviour include:

- Regular practice of back strengthening exercise.
- Following body mechanics in sitting, lifting, walking etc.
- Seeking medical facilities provided by the company.
- Follow up to health agencies to maintain health.

