

***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”.**

BY

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IN

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Under the Guidance of

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# CONCLUSION

## CHAPTER-VII

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On the basis of the finding of the study the below said conclusion were drawn. It also brings out the limitations of the study into picture. The implications given on various aspects like nursing education, nursing practice nursing administration, nursing research and gives insight for future studies

The pre-test finding showed that the employees in a company under study had back pain which affected their functional performance. It indicated that there was a need to take appropriate measures in order to reduce back pain. After the administration of back strengthening exercises, the post test score showed a reduction in the pain among employees within the age group 20-50 who were with back pain. Hence it was concluded that back strengthening exercises were effective on Management of the pain.

### **Nursing implications**

For the prevention and reduction of back pain among employees within the age group 20-50 who were with back pain. there is a need to be equipped with the better knowledge and practice. They must be knowledgeable in the areas of body mechanics and exercises that strengthen the muscles that support spine.

The findings of the study has implications in-

- a. Nursing Practice
- b. Nursing Education
- c. Nursing Administration
- d. Nursing Research

### **Nursing practice**

The back injuries are found to be one of the most health problem affecting human beings. The finding of the study indicates that employees of a selected company were in need of information regarding causes, prevention and management of back pain.

Community Health Nurse as a professional health care practitioner, are legally responsible for reducing and preventing the level of back pain. So they need to educate the public regarding correct use of posture and body mechanics in the entire day today activities (including sitting, standing, laying) as it remains of outmost importance as the prevalence rate is high. Keeping physically fit and doing stretching exercises before work can add the physical protection necessary to prevent injury or to reduce the severity of injury So careful explanation and instruction, discussing how exactly they are to participate, and consideration of the patient's suggestion can greatly enhance efficiency and safety of the movements which will in turn reduce the level of back pain.

### **Nursing education**

Education can be effective in reducing the risk and injury when used in combination with other control system. There is a need to educate employees and infact all the society members who are with back pain on effective means to reduce back pain. Exercises demonstrations and feedback sessions of exercise can be arranged in order to supervise the exact techniques to be learnt to reduce Back Pain. So education of the family, friends, society and health care professionals regarding the importance of back strengthening exercise must be encouraged.

## **Nursing administration**

The nurse administrator should arrange for planned and efficient in-service training programs for the nurses on body mechanics and back strengthening exercise so that they can teach the public. Nurse administrator can plan and arrange continuing education program for nursing personnel regarding management and control of back pain. Nurse administrator can formulate protocol, plan and policies for assessing the prevalence of back pain for early detection and treatment. They can maintain a record regarding protocols and events of in-service education so that this can be used for further reference. Nurse administrator can draw guidelines and standards on work ergonomics for better quality of life of employees.

## **Nursing research**

In nursing research the nurse must recognize the important role that supports in achieving effective care for employees with back pain. Community health nursing practice must be based on constantly evaluated research rather than being purely on customs and traditions. By utilizing the current research as well as carrying out research of their own, the community health nurse can determine the requirement or need of employees for providing a holistic care with an individual approach. Studies bring about the fact that the employees working in private companies had lots of physical problem and back problem is one of the commonest factors. Nursing researcher must recognize the important role that supports for reducing the prevalence of back pain. This study also brings about the fact that more studies to be done with regards to prevalence of back pain, its causes, preventive measures and management.

## **Limitations**

The limitations of the present study were

1. The investigator had constraints in collecting review of literature on Indian context.
2. Sample size taken was minimal hence generalization was limited.

## **Suggestions**

1. Educational program can be planned for the employees to update their knowledge and improve the practices for prevention of back pain.
2. Periodical evaluation should be conducted by nurses and the nursing students whether employees are taking appropriate measures in order to prevent the occurrence of mechanical low back pain.
3. Standard risk assessment tools can be utilized for assessment of mechanical low back pain so as to reduce its occurrence.

## **Recommendations**

On the basis of the findings of the study, the following recommendations were made.

1. A similar study can be conducted using other strategies like planned teaching program, booklet, video based teaching to assess the effectiveness of interventions regarding management of Back Pain.
2. A similar study can be conducted with large sample to generalize the findings.
3. An experimental study can be conducted on a larger sample.