

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



**DOCTORAL THESIS
2018**

Advance Research Journal of Multidisciplinary Discoveries [E-ISSN : 2456-1045]

Email: journal.ijf@gmail.com
Website: www.journalresearchijf.com
Publisher : International Journal Foundation

Edition : June 2018
Vol. 27 | Issue : 1

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

BY

Abilasha Sharma

Dissertation submitted to the
Rajiv Gandhi University of Health Sciences, Bangalore, Karnataka.



In partial fulfillment
Of the requirements for the degree of
Master of Science
IN

COMMUNITY HEALTH NURSING

Under the Guidance of

Dr. LAKSHMI A

HOD

Department of Community Health Nursing

**Sarvodaya College of Nursing
No. 11/2, Magadi Main Road,
(Beside Raheja Park) Agrahara Dasarahalli
Bangalore -560079.**

2017

Rajiv Gandhi University of Health Sciences, Bangalore, Karnataka

SUMMARY

CHAPTER-VIII

SUMMARY

CHAPTER : VIII

The purpose of the study was to assess the effectiveness of selected nursing intervention on Management of back pain among employees in a selected company Bangalore. The study design was pre-experimental design and the approach used was quantitative approach to assess the effect of nursing intervention on Management of back pain. A structured interview questionnaire was prepared and that was used to collect data. The prepared tool was validated by the subject experts and the reliability of the test was tested by using Karl Pearson's formula.

The data obtained were analysed and interpreted in terms of the objectives and hypothesis of the study. Descriptive and inferential statistics were used for data analysis and level of significance was set at 0.05.

The sample consisted of 50 employees of a selected company who met inclusion criteria. Purposive sampling method was used. The study was conducted over a period of four weeks from 19-12-2016 to 17-01-2017.

Major findings of the study

Section – A

Demographic characteristics of the employees who were with back pain.

Section –B

In this section, the objectives of the study were discussed.

1. Aspect wise analysis to assess the level of back pain among employees before and after intervention.
2. Evaluation of the effectiveness of selected nursing intervention on the level of back pain among employees of age group 20-50 years.
3. Association between levels of back pain among employees with selected demographic variables

A survey was conducted among employees of a company named The Source Hub with the help of Modified Oswestry low back pain disability questionnaire which contains 10 sections. Among them 50 employees who had moderate and severe back pain were selected for the study. The study results showed that majority of the employees 34 (68%) had moderate level of back pain prevalence and 16 (32%) had severe level of back pain before intervention. After intervention 32 (64%) of the employees had mild pain and 18 (36%) had moderate pain.

Aspect wise analysis was done in order to find out the effectiveness of nursing intervention over back pain among the employees. From each of the aspect wise analysis it is crystal clear that demonstrated back strengthening exercise had showed a greater impact on the reduction of level of back pain. The mean of pre-test was more than that of the post-test mean value. The calculated value (16.72) of 't' test was greater than that of table value (1.96) at 5% level of significance which showed the effectiveness of applied nursing intervention over level of back pain among employees who were at the age group between 20-50 years.

Among the demographic variables analysed in this study Gender, marital status, Monthly income per month, duration of working hours, type of working shift, exercise frequency in the past 12months, family history of the LBP, Medical services provided by the company, history of injury /accidents, weight and BMI. Through analysis it was found that these demographic variable had significant association with prevalence of back pain.

Overall experience of conducting this study was satisfying and enriching even as the employees were satisfied with the information received. The project was indeed a learning experience for the investigator.