

***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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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

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**paritraanaaya sadhuunaam vinaashaaya chadushkritaam |  
dharma samsthaapanarthaya sambhavaami yuge yuge ||**

For the protection of the good, for the destruction of the evil and for the establishment of dharma (righteousness), I (the Lord) am born from age to age.(chapter 4 verse 8 BHAGAVAD GITA).

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Date:

**ABILASHA SHARMA**

Place



## LIST OF ABBREVIATIONS USED

1.	ADL	=	Activities of Daily Living
2.	df	=	Degree of freedom
3.	Fig	=	Figure
4.	HSB	=	Health seeking behaviour
5.	HOD	=	Head of the department
6.	i.e.	=	That is
7.	LBP	=	Low Back Pain
8.	MSD	=	Musculo skeletal disorder
9.	NS	=	Non Significant
10.	SD	=	Standard deviation
11.	USA	=	United States of America
12.	WHO	=	World Health Organization
13.	$\chi^2$	=	Chi- Square.
14.	©	=	Fisher's Exact Probability
15.	* * * *	=	Yates correction done
16.	*	=	Significant

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# ABSTRACT

## Statement of the problem

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

## Background of the study

Musculoskeletal disorders are the most prevalent occupational disorders among individuals working in different companies. Low back pain gradually affects the activities of the individuals leading to poor quality of life. Some interventions such as ergonomic modifications and workplace exercises may help to alleviate these disorders. In current scenario, most of the companies do not give such facility to their employees and which makes their employees suffer with terrible back pain. Hence the investigator is intending to carry out an investigation to evaluate the effectiveness of back muscles strengthening exercise on Management of the level of back pain among employees.

## 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.

## Null hypotheses:

**H<sub>1</sub>**- There is a significant difference between the pre-test and post-test level of back pain among employees in a selected company.

**H<sub>2</sub>**- There is a significant association between pre-test pain levels and demographic variables.

## Methods

The purpose of the study is to evaluate the effectiveness of selected nursing intervention on management of Back Pain among employees working in a selected company bangalore. The study design was pre-experimental design and the approach used was quantitative approach to evaluate the effect of nursing intervention in reducing of back pain. The tool used was modified Oswestry low back pain disability questionnaire. The prepared tool was validated by the subject experts and the reliability of the test was tested by using karl pearson formula. The sample consisted of 50 employees of a selected company who met the inclusion criteria. Purposive sampling method was used to select samples. The researcher obtained formal permission from the concerned authority of the institution and company. The study was conducted over a period of four weeks from 19-12-2016 to 17-01-2017. The Modified Oswestry low back pain disability questionnaire was self- administered to employees of a company named The Source Hub. The researcher followed all ethical principles throughout the data collection period. The collected data was entered in Excel sheet for analysis.

## Results

The result revealed that majority of the employee (68%) had moderate pain and (32%) had severe pain in the pre-test with a Pre-test mean of 15.92. In the post test majority (64%) the employee had mild pain and (36%) had moderate pain with a post-test mean of 8.48. The calculated value of Paired 't' test is 16.72 which is greater than that of table value 1.96 at 0.05 level of significance which shows the effectiveness of nursing intervention over level of back pain.. The association between the level of back pain and demographic variables revealed that the Gender, Marital status, Monthly income, Duration of working hours, and Type of working shift Exercise frequency in past 12 months, family history of LBP, Medical services provided by the company, History of accidents or injury, weight and Body mass index have showed a significant association with back pain thus accepting the null hypothesis.

## Discussion and conclusion

The study results showed that majority of the employees had moderate and severe level of back pain before intervention. After intervention the back pain had reduced to mild pain and moderate level. The results clearly demonstrated that back strengthening exercise had showed a greater impact on the reduction in level of back pain. Thus the study concluded that the selected nursing intervention was effective in management of Back Pain.

## Key words:

**Selected nursing intervention, Management of back pain, Employees, Selected company.**