

Effectiveness of Theory-based Educational Intervention on Low Back Pain Preventive Behaviors in Nursing Aid Staff

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Authors

Sarallah Shojaei^{1,2} PhD
Sedigheh-Sadat Tavafian¹ PhD
Ahmad Reza Jamshidi³ MD
Seyedeh-Somayeh Kazemi^{4*} PhD

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¹ Department of Health Education and Health Promotion, Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran.

² Department of Community Health Nursing, Faculty of Nursing and Midwifery, Qom University of Medical Sciences, Qom, Iran

³ Rheumatology Research Center, Tehran University of Medical Sciences, Tehran, Iran

⁴ Health Network, Mazandaran University of Medical Sciences, Chaloos, Iran.

* Correspondence

Address: Health Network, Mazandaran University of Medical Sciences, Chaloos, Iran.

Phone: +98 (11) 52226160

Fax: +98 (11) 52221635

P.O.Box: 466161/9373

Email: somayeh.kazemi7@gmail.com

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ABSTRACT

Aim: Work - related Musculoskeletal Disorders (WMSDs) are mainly associated with nurses' high physical demands. Training healthy behavior can reduce these disorders. This study aimed to evaluate the effect of educational intervention based on Social Cognitive Theory (SCT) on changing unhealthy behaviors leading to(LBP) in nursing aid staff working in Qom hospitals.

Method and Materials: A quasi-experimental study was conducted from 2017 to 2018 with educational intervention based on SCT was performed on 452 nursing aid. Data collection tools were the questionnaire of SCT constructs, the LBP Prevention Behavior Questionnaire (LBPBPQ), the Quebec Back Pain Disability Scale (QBPDS), and the Visual Analog Scale (VAS) for LBP. The training was based on the four structures of self-efficacy, self-regulation, outcome expectation, and moral disengagement in groups of 20 to 30 individuals. Then the pre-and post-intervention data were compared through the statistical tests.

Findings: After the intervention, SCT structures were increased significantly. The mean score of lumbar health behavior after training showed a significant increase from 32.59 to 32.57. The mean score of LBP after training decreased significantly from 5.17 to 3.98 and the mean score of physical disability of LBP decreased significantly after training.

Conclusion: Educational intervention based on SCT reduces the severity of LBP and the consequent disability.

Keywords: Educational Intervention, Social Cognitive Theory (SCT), Unhealthy Behaviors, Nursing Aid Staff, Low Back Pain (LBP)

Introduction

Work-related Musculoskeletal Disorders (WMSD) are a significant issue in the health care sector especially nurses [1]. Its prevalence is mainly associated with nurses' high physical demands that still remain poorly studied in Primary Health Care (PHC) [2]. Given that occupational traumatic behaviors are the main cause of Low Back Pain (LBP) in these people and training healthy behavior can reduce these disorders.

Occupational conditions predispose to musculoskeletal disorders, the most common of which today is LBP[3]. The prevalence of LBPs is higher in some occupations than in others. The highest incidence and recurrence of LBPs seen in employees such

as construction workers, nurses and drivers [4]. Due to the nature of the task, nursing is one of the occupations in which WMSDs are highly prevalent [5] because of significant heavy activities [6]. Different factors are involved in the incidence of LBP in nurses, among which patient transfer has been considered as an important factor. In a study by Trinkoff et al., it was found that nurses were more likely to have lumbar injuries when transferring patients requiring sudden movements with inappropriate posture [7]. Activities that require frequent body changes, lifting heavy loads, bending and rotation, due to the imbalance of the body and pressure on the lumbar region, can play a role in causing LBP [8].

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