

Monika Gańczyk

„Analiza czynników ryzyka wpływających na występowanie dolegliwości bólowych kręgosłupa pielęgniarek i fizjoterapeutów Mazowieckiego Szpitala Specjalistycznego w Ostrołęce”.

SUMMARY

The complaints involving the spine is one of the most common disorders which affect people over 32 years old and also enable them to work. Among other professions ,the pain in the cervical and lumbar spine affects medical staff. Spinal disorders are often resulted not only from work environment, but also from the factors which are connected with non-professional life and characteristics related to sex, age, seniority or physical activity, as well.

The attempt to determine the methods which improve health seems to be reasonable due to the constantly rising medical and social costs of spinal disease.

The main purpose of the study is to analyze the risk factors which influence on the occurrence of back pain among nurses and physiotherapists and also to indicate the appropriate proceedings in order to soothe spinal pain.

The realization of the main objective was based on searching the answers to the following research questions : Is there a relationship between occurrence of back pain among nurses and physiotherapists and their age? Is there a relationship between occurrence of back pain among nurses and physiotherapists and their seniority? Is there a relationship between occurrence of back pain among nurses and physiotherapists and their workplace? Is there a relationship between health behaviour (eating habits, physical activity, addictions, preventive behaviour) and occurrence of back pain among nurses and physiotherapists? Is there a relationship between nurses and physiotherapists' life satisfaction and severity of symptoms related to spinal pain? Is there a relationship between nurses and physiotherapists' life satisfaction level and the degree of acceptance of the disease? What are individual medical staff beliefs on pain control?

The research was carried out after obtaining the approval of Bioethical Committee of Medical University in Białystok nr.R-I-002/13/2016. The method of diagnostic survey with the use of standardised research tools and the author's questionnaire were used to meet the objectives. The indicator of efficiency in lower and upper part of spine (NDI/ODI), the scale of life satisfaction (SWLS) , the questionnaire on pain control (BPCQ),the inventory of health behaviour (IZZ) and the scale of disease acceptance (AIS) were used.

Statistical methods which enable to verify research hypothesis and answers to the questions were also used. The analysis was conducted with the use of appropriate statistical tests which enabled to verify statistical significance of relationships.

436 people who are employed in Mazowiecki Specialist Hospital in Ostrołęka took part in the survey. Most of them were at the age of 41-50 lat with 20-30 years of work experience. The vast majority of respondents were nurses from Non-Surgical Units. The collected material and obtained results enabled to formulate the following conclusions:

The age had an essential impact on occurrence of back pain among nurses and physiotherapists in the group of respondents

A significant statistical relationship between occurrence of back pain and seniority has been found.

Nurses complained about spinal pain more often than physiotherapists – there is much higher level of disability among nurses.

The relationship between the level of health behaviour and occurrence of back pain has been established -people with high level of health behaviour had spinal disorders more rarely.

The level of disability and severity of spinal pain did not influence statistically significant on the feeling of life satisfaction of both nurses and physiotherapists.

No significant correlation between the level of disease acceptance and the level of life satisfaction has been found.