Prevalence and risk factors of low back pain among the office workers of king Edward Medical University Lahore-Pakistan

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Abstract

Low back pain is a destructive health problem of present era. It is affecting over a large population with huge economical loss. Office workers has a unique life style, they work in static body position with poor body posture for long periods of time. The musculoskeletal problems can lead to uneasiness or pain which can have a bad impact on quality of life.

A study was done to find the prevalence and risk factors of low back pain (LBP) among the office workers of King Edward Medical University (KEMU), Lahore- Pakistan. After the ethical approval from Institutional Review Board (IRB), KEMU -Lahore, a cross sectional study with sample size of 250 office workers calculated by using proportion formula of sample size estimation with 5% margin of error from KEMU with effect from Jan 2015 to Sep 2015 aged between 18-60 with at least 1 year work experience filled the validated questionnaires.

Results showed that Point & life time prevalence of LBP among office workers of King Edward Medical University, Lahore-Pakistan was 29.20% and 69.20% respectively and increased with increase in age ,work experience, low education and decrease in physical activity, sleep disturbance, smoking habit, more sitting and standing time, computer use and with low job satisfaction.

On the basis of this study, different individual, ergonomic, and psychosocial factors are associated with LBP.Because of high prevalence of low back pain (LBP) among office workers of this university, better ergonomic facilities, awareness about sitting posture, regular exercise, good sleep and psychological support to the workers were recommended to decrease the effects of predisposing risk factors of low back pain.

Key Words: Low Back Pain, Prevalence, Risk Factors