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شبكة المعلومات الجامعية

بسم الله الرحمن الرحيم



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شبكة المعلومات الجامعية التوثيق الالكتروني والميكروفيلم



سامية محمد مصطفى



شبكة المعلومات الجامعية

جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

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بالرسالة صفحات لم ترد بالأصل





FACTORS AFFECTING LOW BACK PAIN AMONG NURSES WORKING IN ASSIUT UNIVERSITY HOSPITAL

Thesis

**Submitted in Partial Fulfillment of the Master Degree
in Medical-Surgical Nursing**

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَقُلْ رَبِّ زِدْنِي عِلْمًا

صدق الله العظيم

(من الآية ١١٤ سورة طه)

TO MY FAMILY

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ACKNOWLEDGEMENTS

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INTRODUCTION

INTRODUCTION

Low-back pain is one of the most common health problems that most people experience at least once during their life ⁽¹⁾. It affects people of both sexes, all ages, races and socioeconomic classes. It is not a new problem, it affected the humans since the times of the Egyptians 5000 years ago ⁽²⁾. The impact of low back pain on person's life style can be enormous results in long-term disability. The pain interferes with their personal, social, work relationship, as well as disrupts family relationship and communication ⁽³⁾.

Nursing staff during working in certain nursing situation, they may be in need for patient handling, lifting, and moving a heavy objects those activities exert more pressure on nurses backs ⁽⁴⁾. In addition to faulty body mechanics, defective posture and strained tissue that tend to compensate for a postural defect and thus produces continuous back pain which affect the quality of nursing care given to the patients and upon the nurses quality of life ⁽⁵⁾.

Many authors defined low back pain, Jacobs, et al defined low back pain as the pain experienced in the lumber area extending from the first lumber vertebral to the first sacral vertebra ⁽⁶⁾. Adam defined low back pain as the pain in the spine or muscles of the lower back ⁽⁷⁾. While Awad, defined low back pain as pain occurs with variable intensity in the area of the lower back from the first lumber vertebrae down ward in the area of lumbosacral nerves ⁽⁸⁾.