



Characteristics of patients with low back pain in a tertiary care hospital



Health
Northern Sydney
Local Health District

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Introduction

- Low Back Pain (LBP) is the leading cause of disability in Nepal with of prevalence as high as 91%.
- Characteristics of patients with LBP presenting for treatment in Nepal is currently unclear.

Purpose

- To study characteristics of patients with low back pain.
- To evaluate psychosocial factors associated with low back pain.

Methods

- **Design:** Cross-sectional study with consecutive sampling.
- **Setting:** Physiotherapy Department of Tertiary Care Neurological Hospital in Kathmandu, Nepal.
- **Participant:** 100 adults (18 – 65 yrs) with non-specific low back pain with/without lower limb radiation.

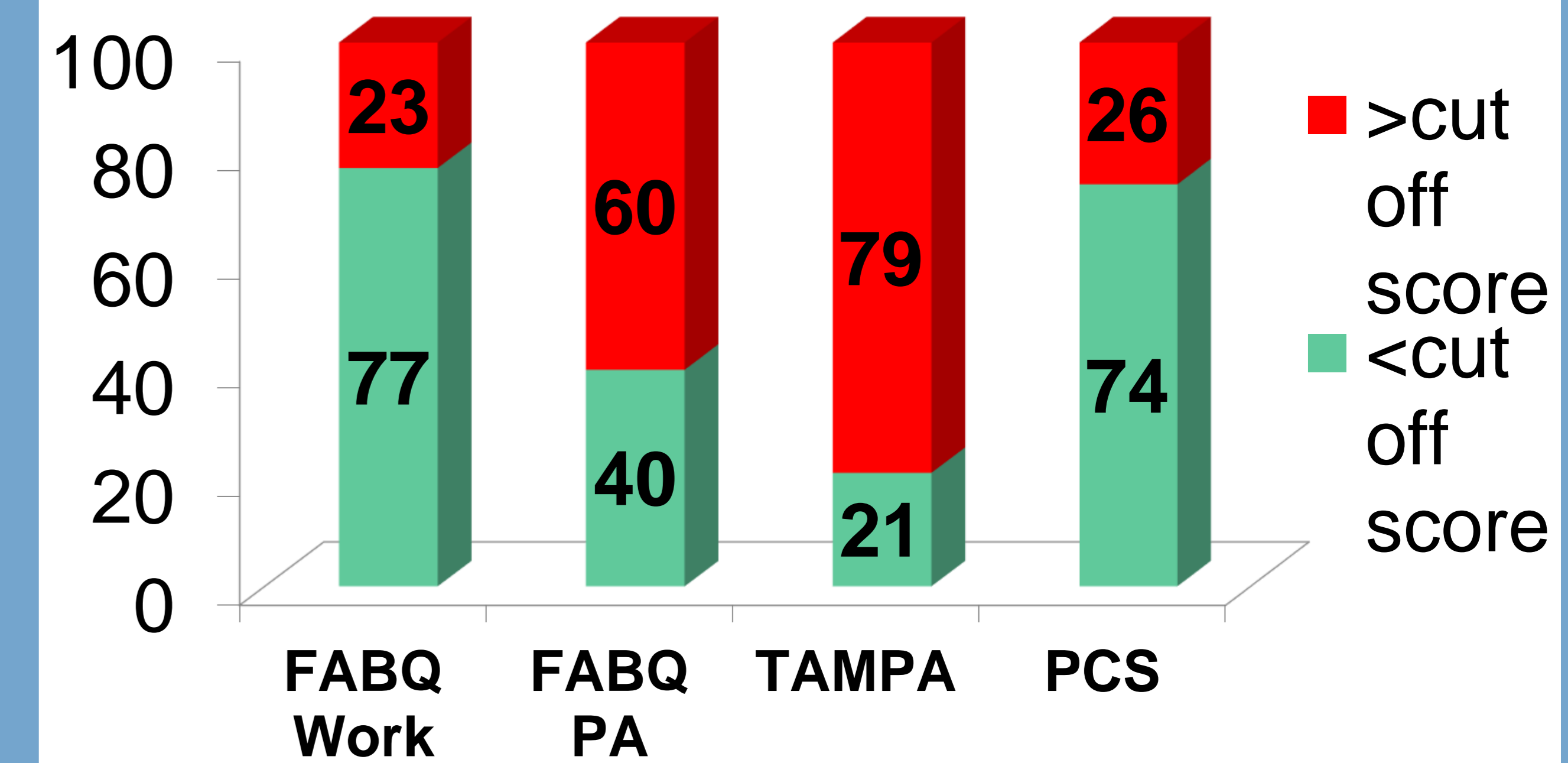
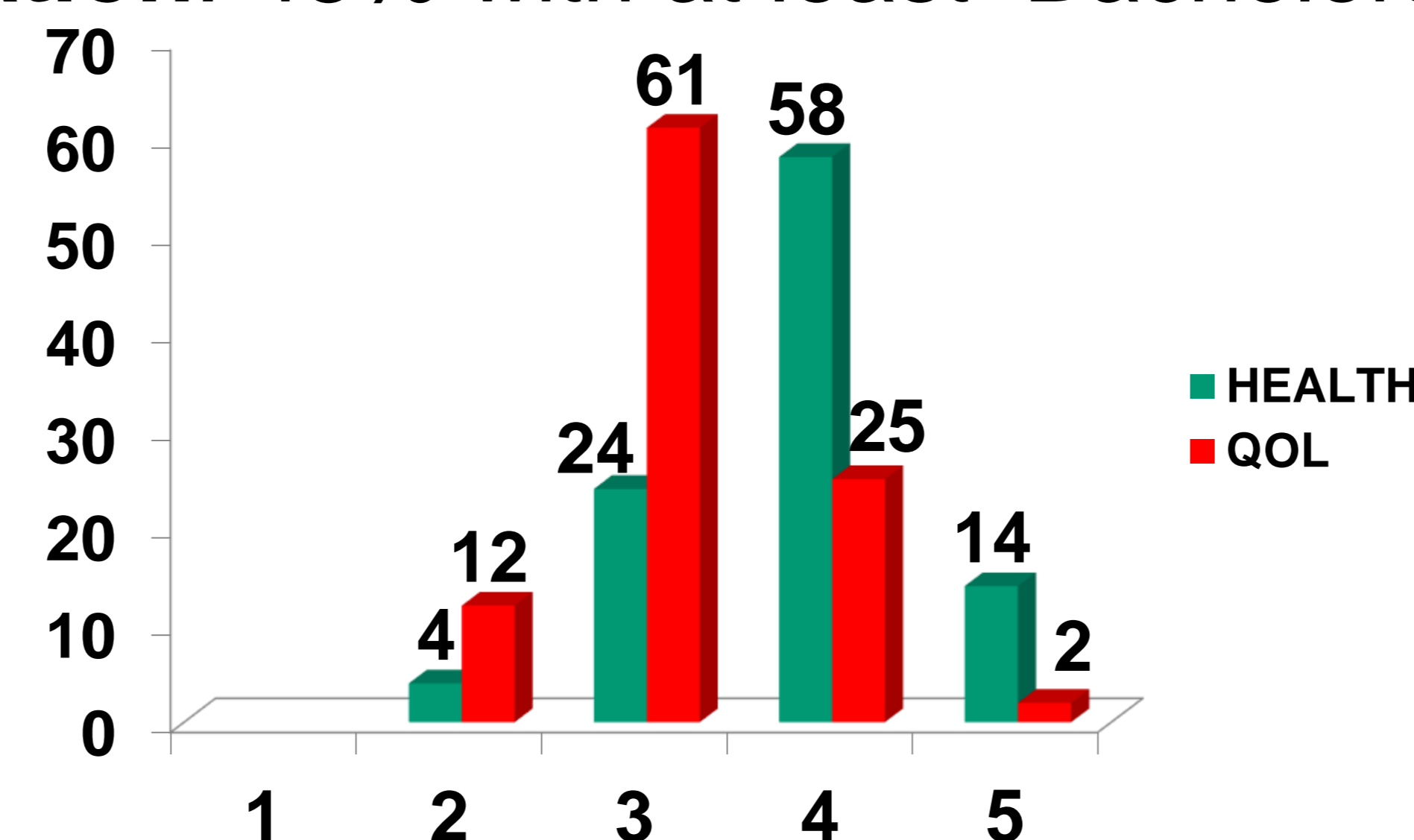
Measures:

- LBP duration, Pain diagram, Numerical Pain Rating Scale
- Fear Avoidance Belief Questionnaire.

- Tampa scale of kishesophobia
- Pain catastrophizing scale
- Overall health and quality of life

Results

- 52% females; mean age 38.74 (SD 13.70) years.
- 79% with chronic LBP.
- Median duration of pain 1.8 years.
- 66% had co-morbidities:
 - including diabetes (13%)
 - osteoarthritis (9%)
 - rheumatoid arthritis (9%).
- 69% reported pain in other joints.
- 30% retired early due to pain.
- 30% had significant absenteeism (more than 30 days in a year) from work or school due to pain.
- Occupation: Office/business work (47%), homemaker (15%), students (10%), farmers (7%).
- **Education:** 48% with at least Bachelors degree.



Implications and conclusions

- It is necessary for clinicians to identify specific psychosocial risk factors and address it for effective management of LBP.
- Data from our study shows patients have more physical activity related fear avoidance behaviour. However, work related fear avoidance behaviour was found to be less than cutoff score.

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