Prevalence Of Low Back Pain Among Bankers Of Lahore, Pakistan.

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PREVALENCE OF LOW BACK PAIN AMONG BANKERS OF LAHORE, PAKISTAN.

ABSTRACT

Objective: This study was undertaken to find out the prevalence of low back pain among bankers of Lahore, Pakistan.

Methodology: This cross sectional survey was conducted in 2017 on 164 bankers (113 male,51(female). Data was collected from bankers of age group 22 to 58 working in different Government and private banks of Lahore, Pakistan. Study was completed in 6 months after the approval of synopsis. Participants with any accident, fracture, and tumor were excluded. The variables were defined using descriptive statistics. Japanese Orthopedic Association Back Pain Evaluation Questionnaire was used in this study. The bankers were interviewed and completed the questionnaires. Statistical Analysis was done by using SPSS version 21.

Results: Prevalence of low back pain was 52.44% among bankers. There were 88.41% male and 11.59% female in this study.51.6% bankers marked that their low back is always aching. Because of low back pain daily life activities such as sleep, bending forward, and turning over the bed were disturbed.

Conclusions: Low back pain is a common musculoskeletal problem. The prevalence of low back pain is high among bankers, generally men have more low back pain issues than females.

Key Words: Low Back Ache(Mesh), bankers, prevalence.

INTRODUCTION

Low back pain (LBP) is a major work-related health problem. In musculoskeletal health care low back problems are one of the most expensive situations[1]. Low back pain is basically that pain which is located from hip to toes. Among all musculoskeletal problems low back pain is most common.[2] Pain is the most shared indication which employees typically protest but the musculoskeletal disability is one of the most important cause around the world[3]. Low back pain is further classified into three types acute, subacute and chronic low back pain. Low back pain that continues for less than six weeks is called acute low back pain. Low back pain that occurs between the time period of six weeks and three months is called subacute low back pain and the back pain that goes on for more than three months is known as chronic low back pain[4]. Incorrect sitting posture is an additional cause of pain at lower back or spasm in muscle. This incorrect sitting that can lead to pain in cervical spine and neck muscles. Incorrect sitting posture is an additional cause of pain at lower back or spasm in muscle. This incorrect sitting that can lead to pain in cervical spine and neck muscle[5]. At some point throughout the life more than 80% of the residents will experience an occurrence of back pain. lives[6]. Approximately 90% of employees come back to their job within two months of low back episode[7]. Around the globe banking is the backbone of the nation and its people[8]. Workings in banks require stereotyped movements of the arms, hands and fingers. These factors are associated with increased risk of pain and musculoskeletal disorders[9]. Musculoskeletal disorders mainly upper limbs problems and back problems happened in high amount among bank staff[10]. High occurrence of back pain has been

shown in previous studies conducted on bank staff. Prevalence was ranging between 60%[11] and 80%[12].

According to R Jafari nodoushan et al. primary motive of this study was to conduct a investigation of musculoskeletal complaints amongst bank staff of Yazd city. Among those bank staff occurrence of low back pain was 18.6%.[13]. According to Rajinder Kumar Moom et al. the aim of this study was to check the occurrence of musculoskeletal disorders among bankers of state bank of India district Nawanshahr Punjab. During last 12 months 40.4% respondents were suffering from low back pain, 39.5% respondents were suffering from upper back pain, 38.6% were having neck pain, 36.8% were suffering from hand pain and shoulder pain was about 15.2%.Ghorbanali Mohammadi conducted a study. The main objective of this study was to determine the occurrence of musculoskeletal symptoms among bankers and factors that aggravate the symptoms of low back pain. This study was done in city of Kerman, Iran. Mostly bankers have highest occurrence of upper back pain in male and female. Hip and buttock pain and neck pain were also present .62% females were having lower back pain. In this study females were having more pain than males.[14] This study was carried out by authors named Jubilant K Abledu et al. The primary objective of this study was to check the occurrence and risk factors of musculoskeletal disorders and related disabilities among bank staff members in Ghana. Occurrence rate was 64.8%.Pain in upper back was 61.7% pain in neck was 47.4%.Pain in shoulder was 37.4%.According to this study alcohol use and, inactive lifestyle were risk factors that can cause musculoskeletal problems in working population[15].

The primary motive of this study was to find out the prevalence of low back pain among bankers of Lahore Pakistan. This study had also examined the association between gender and low back

pain among bankers. To the best of my knowledge, this is the first survey conducted in Pakistani bankers to find out the prevalence of LBP.

MATERIAL AND METHODS

In this cross sectional study 164 bankers were conveniently selected and included in the study during the year of 2017. Bankers between age group of 22 to 58 were selected and interviewed in this study. Prevalence of low back pain and problems in daily life activities due to low back pain were recorded in this study.

Sample size of this study was 164 that were calculated by using Epi tools sample size calculator software. Data was collected from bankers working in different banks of Lahore, Pakistan. Study was completed within 6 months after the approval of synopsis.

Bankers who were working in Government and private banks were included i.e. Dubai Islamic Bank, Allied Bank, National Bank of Pakistan, Silk Bank and Habib Bank limited. Participants with any recent accident, lumber spine fracture, tumor and surgery were excluded because the aim of the study was to focus on lower back pain of non- specific nature.

The variables were defined using descriptive statistics including frequency and bar charts. Japanese Orthopedic Association Back Pain Evaluation Questionnaire was used in this study. The consent forms were signed from all bankers before giving them questionnaire (JOABPEQ) for data collection so that it should be made sure that all the bankers were willing to participate in the study conducted. Statistical Analysis was done by using SPSS version 21.

Ethical Approval: The study did not involve invasive procedures, or personal identifying data. The women were inter-viewed only for getting information on their baseline characteristics. Therefore it was not necessary to seek formal external ethical approval. Only verbal consent was taken from participating bankers.

RESULTS

Table no 1

Descriptive statistics of age

N		164
Mean		30.4573
Std. Deviation		6.57225
Minimum		22.00
Maximum		58.00

The minimum age of respondents was 20 and the maximum age was 58 in this study, mean age of respondents was 30.46

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Table no 2

Frequency Distribution of baseline characteristics.

Characteristics	**Frequency**		**Percentage (%)**	
	Yes	**No**	**Yes**	**No**
Low back pain	86	78	52.4%	47.6%
Change posture	84	2	97.7%	2.3%
Lie down more	61	25	70.9%	29.1%
Back is always aching	44	42	51.2%	48.8%
Cannot sleep	45	41	52.3%	47.7%
Ask help	45	41	52.33%	47.67%
Refrain from bending	55	31	64.0%	36.0%
Difficulty in standing from chair	49	37	57.0%	43.0%

Total 250 questionnaires were distributed among bankers of Lahore, Pakistan.70 questionnaires were discarded as they were not according to the including criteria or either not returned by respondents. The prevalence of low back pain in bankers was 52.4%. The results show that 84(97.7%) respondents change their posture because of low back pain and 2(2.3%) said no in this study. 61(70.9%) respondents marked they lie down more often than usual and 25(29.1%) said no in this study.44(51.2%) respondents marked that their back is always aching and 42(48.8%) said no in this study.45(52.3%) respondents marked that they cannot sleep because of low back pain and 41(47.7%) said no in this study. 45(52.33%) respondents marked they ask help from others and 41(47.67%) marked no in this study.55(64.0%) respondents marked they refrain from bending and 31(36.0%) marked no in this study.49(57.0%) respondents marked they face difficulty in standing from chair and 37(43.0%) marked no in this study.

Table no 3

Analytic statistics of gender with low back pain

		Gender		Total
		Male	Female	
Do you have low back pain?	Yes	46	40	86
	No	67	11	78
Total		113	51	164

Chi-square	20.0
P-value	0.00

A chi square test was applied to find the association between low back pain and gender. There is a significant association between these two because the p value is less than 0.05.

Table no 4

Frequency distribution of baseline characteristics.

Characteristics	**Frequency**		**Percentage (%)**	
	Yes	**No**	**Yes**	**No**
Turning over bed is difficult	44	42	51.2%	48.8%
Putting on socks is difficult	51	35	59.3%	40.7%
Walk short distances	45	41	52.3%	47.7%
Stay seated	39	47	45.3%	54.7%
Go upstairs slowly	46	40	53.5%	46.5%
Do not do house work	37	49	43.0%	57.0%
Get irritated	39	47	45.3%	54.7%

The results show 44(51.2%) respondents marked that they face difficulty in turning over the bed because of low back pain and 42(48.8%) marked no on this study.51(59.3%) respondents marked they face difficulty in putting on socks and 35(40.7%) marked no in this study.45(52.3%) marked they walk only short distances because of low back pain and 41(47.7%) marked no in this study.39(45.3) respondents marked they stay seated because of low back pain and 47(54.7%) marked no in this study. 46(53.5%) respondents marked they go up the stairs slowly and 40(46.5%) marked no in this study.37(43.0%) respondents marked they do not do their housework and 49(57.0%) respondents marked no in this study.39(45.3%) respondents marked they get irritated and 47(54.7%) marked no in this study.

DISCUSSION

According to this cross sectional study that was conducted to find out prevalence of low back pain in bankers along with association of pain with gender. This study shows that low back pain was common in male than female. There were 68.90% male and 31.10%% female. Another survey was conducted in Kancheepuram district which determined the occurrence of musculoskeletal disorders and related disabilities amongst bank staff. The described annual occurrence of the musculoskeletal disorders was 33.8% while that of the related disability was 8.5%. For both the disorders and related disabilities the occurrence of provincial musculoskeletal disorders was maximum.in the lower back, which was usually stated in earlier studies with greater occurrence[15, 16].The present study showed that prevalence of low back pain among bank workers of Lahore Pakistan is 52.44%.

Lower back, upper back, neck, shoulder, wrist and hand were the regions where most of the regional musculoskeletal disorders[12, 15, 17]. The present study also stated that among musculoskeletal disorders low back pain most common. Job features were found to relate meaningfully with musculoskeletal disorders and related disability, mainly job tenancy[12, 15, 18].Present study also stated that bad posture is main factor that causes low back pain. In present study 97.67% bankers change their posture to relieve low back pain.

Females ached most frequently from the musculoskeletal disorders as compared to men[12, 16, 17].Present study stated that among bankers population males suffer more frequently from low back pain than female. Occurrence of low back pain among males in present study is 68.90% while low back pain occurrence in females is 31.10%.

Bad job station design, continuous computer use for the entire workday and repetitive computer work, such as data entry, have been associated with an increased risk of developing symptoms related to musculoskeletal disorders[12]. Similarly in present study bad working posture among bankers is main factor which can cause low back pain. According to present study high frequency of respondents marked that they change their posture to relieve low back pain.

In industrialized countries MSDs are one of the most common causes of temporary work disability and the main cause of permanent work disability, accounting for high productivity losses[12]. Similarly present study was held in Lahore, Pakistan which showed that among bankers low back pain is most common musculoskeletal disorder which can cause disabilities and temporary and permanent work loss. The results of present study showed many disabilities which were caused by low back pain. Sleep patterns were disturbed because of low back pain.52.23% respondents can not sleep because of pain. Results of present study showed that many daily life activities were disturbed because of low back pain such as standing up from the chair, bending or kneeling forward. putting up stockings, turning over the bed, walking more than 15 minutes and going up the stairs.45.35% respondents remain seated for a long time because of low back pain. According to this study 52.33% respondents ask help from others because of low back pain.

CONCLUSION

This study concluded that, prevalence of low back pain among bankers of Lahore was high and LBP was more common in male as compared to female.

RECOMMENDATIONS

A further study should conduct using large sample size from different areas of Pakistan (both urban and rural) can be done. Further researches are needed to propose an ideal sitting posture in future so that posture can mitigate low back pain. Further studies are required to find the association between smoking, and low back pain.

LIMITATIONS

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This study is limited to Lahore city of Pakistan.We only found the prevalence among bankers more researches are needed to investigate the strength of the muscle or level of weakness of muscles of low back.

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