

## **Occupational-related back pain among Jordanian Nurses: a descriptive study**

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### **Abstract**

**Background:** Back pain is the leading cause of disability, decreased physical performance at work and absenteeism. Activities leading to the occurrence of back pain include patient transfer, and long standing hours.

**Aims:** This study aimed to explore the prevalence and determine the activities responsible for the presence of back pain among Jordanian nurses.

**Methods:** A descriptive cross-sectional study was conducted on a convenience sample of 150 nurses from two governmental hospitals in Jordan. A self-report questionnaire was developed by Stubbs et al. 1983, Harber et al. 1987. A descriptive methods using mean, standard deviations, and percentages was used, in addition to chi square tests.

**Results:** Baseline findings indicated that 76.7% of nurses suffered back pain during their work. Among nurses with back pain, only 21.3% reported it to administration. The highest percentage (36%) of back pain was among critical care nurses. Further, the static factors contributed less commonly to back pain compared with the dynamic factors. Nearly half the participants (48.1%) with back pain reported taking days off more frequently.

**Conclusion:** Jordanian nurses demonstrated one of the highest frequencies of back pain compared with other studies. Focus should be placed on education programs about the appropriate body mechanics.

**Key words:** Back Pain frequency, dynamic factors, static factors, Jordan.