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Work-related risk factors and the prevalence of Low Back Pain in low wage workers: results from a cross-sectional study

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Background: Low back pain is the most commonly identified musculoskeletal problem and it is a serious burden on individuals, social care systems and health systems with indirect cost being predominant. It results in poor service, disability, low quality of life and sickness absences in working places. The issues of Low back pain and its risk factors in hotel housekeepers are unknown in Ethiopia. Therefore, this study was aimed to identify determinants of back pain and investigate the prevalence among hotel industries' housekeepers in Gondar, Ethiopia.

Methods: Institutional related cross-sectional studies were conducted from March to May, 2017. A systematic random sampling approach was applied to select 422 study participants, and the data was collected using standardized Nordic questionnaire for the analysis of musculoskeletal symptoms. Using SPSS version 20, the bivariate and multivariable binary logistic regression analyses were performed. Significance level was found at 95% CI and p value 0.05.

Results: In Gondar town the prevalence of Low back pain among hotel housekeepers was 58.1% (95% CI: 53.6, 62.8%). Being temporary employee (AOR: 3.22), type of job that requires reaching/over stretching (AOR: 2.93), working in a job which requires repetitive bending (AOR: 1.97)

and making > 30 beds/day (AOR: 3.19) were found to be significant risk factors for Low back pain. Even though, hotel housekeepers who were satisfied in their current job were less affected by Low back pain (AOR: 0.49).

Conclusion: A high proportion of hotel housekeepers in this study found they had Low back pain. Employment pattern, rest break taken, repetitive bending, reaching/over stretching, training related to health, job satisfaction, and safety and numbers of beds making are the factors related with Low back pain. As a result, ergonomic measures focusing on adjusting the arrangement of workstation, rest breaks and altering some equipment are potentially important targets for reducing the problem.

Speaker Biography

Sintayehu Daba Wami is an assistant professor and a faculty member in the Environmental and Occupational Health and Safety department, Institute of public health, at the University of Gondar, Ethiopia. He has completed his master's program in Master of Public Health in Occupational Health and Safety from the University of Gondar. As PI or co-investigator, He carried out several successful research projects and published more than 25 articles in reputable peer-reviewed journals. Currently, He is a Ph.D. candidate in Rehabilitation Science at Queen's University, Canada. His research interest focuses on tailoring and evaluating interprofessional rehabilitation programs for patients with chronic Low back pain in the Ethiopian context.

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