



Research Article

A COMPARATIVE STUDY TO ASSESS THE PREVALENCE OF LOW BACK PAIN AMONG MOTHERS UNDERGONE LSCS AND NORMAL VAGINAL DELIVERY AT PALLAVARAM

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ABSTRACT

Introduction: Back pain is one of the most common reasons for missed work. In fact, back pain is the second most common reason for visits to the doctor's office. Low back pain is the single leading cause of disability worldwide, according to the Global Burden of Disease 2010

Methodology: Quantitative research approach was adopted in this study and descriptive design was used. The sample selected were 30 mothers who have undergone normal delivery or LSCS using purposive sampling technique. A checklist was used to assess the prevalence and severity of low back pain.

Results: It was found that there is a significant difference ($t=2.6$) in low back pain among mothers undergone LSCS and Normal delivery. The study concludes that women who had undergone LSCS had more severe pain than mothers who had undergone normal delivery

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INTRODUCTION

India is a country with huge population of nearly 1,292,063,934 as of 2018 march, which consists of 631,502,119 numbers of female population, nearly 49%. Among that 204,491,546 are females with the age of 20 – 40 years of age.

Back pain is one of the most common reasons for missed work. In fact, back pain is the second most common reason for visits to the doctor's office. According to ECPC Pain Specialist Back pain is the 5th common healthcare complaint. Recent survey in UK says that low back pain became the leading healthcare complaint among women. In India 2 in 3 women are with the complaint of low back pain. Low back pain is the single leading cause of disability worldwide, according to the Global Burden of Disease 2010.

Objectives

- To assess the prevalence of low back pain among mothers undergone Normal delivery.
- To assess the prevalence of low back pain among mothers undergone LSCS.
- To compare the prevalence of low back pain among mothers undergone normal delivery and LSCS.

RESEARCH METHODOLOGY

Quantitative research approach was adopted in this study and descriptive design was used. The setting of the study was Government Urban Primary Health Centre, Pallavaram. The sample selected were 30 mothers who have undergone normal delivery or LSCS using purposive sampling technique. A checklist was used to assess the prevalence and severity of low back pain.

RESULTS

The results shows that among mothers who were undergone LSCS 4 (27%) of the mothers had mild pain, 8(53%) of them had moderate pain and 3 (20%) of them had severe pain and among mothers undergone normal delivery are no one had severe pain, 14 (93%) of the samples had moderate pain and 1 (7%) of the samples are having mild pain. The t- test was used to find the difference in prevalence of low back pain among mothers undergone LSCS and Normal delivery. It was found that there is a significant difference ($t=2.6$) in low back pain among mothers undergone LSCS and Normal delivery.

CONCLUSION

The study concludes that women who had undergone LSCS had more severe pain than mothers who had undergone normal delivery and suggests that women being as a back bone for every family, everyone of the family member has the responsibility to care women and maintain their optimal

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health, there are numerous causes for the back pain and related disability. Therefore women health needs to be concentrated much. This study helps to get an idea about prevalence of low back pain and to promote and carry on various research activities based on it.

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