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Lower back pain and associated factors among nurses in Hospital Kuala Kangsar

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ABSTRACT

Background and Objectives: Lower back pain (LBP) remains a major occupational hazard for nurses due to physical demands of patient care. This study assessed the prevalence of LBP and its associated risk factors among nurses at Hospital Kuala Kangsar. **Methods:** This descriptive cross-sectional study used universal sampling among nurses working in Hospital Kuala Kangsar. Data were collected using a structured, self-administered Google Form questionnaire. A total of 91 nurses participated, and 88 valid responses were analysed after excluding incomplete responses. Eligible participants were nurses aged 25 to 60 years. Nurses with a history of LBP before working as staff nurses or known spinal-related conditions were excluded. The questionnaire assessed socio-demographic characteristics, nursing experience, department, LBP history, pain characteristics, work-related activities, ergonomic training, assistive device use, absenteeism and coping strategies. Pain intensity was measured using a 0 to 10 Numerical Pain Rating Scale. Relationships between these variables and LBP were identified using descriptive statistics, Chi-square test and Fisher's exact tests. **Results:** The study revealed 75% of current prevalence rate of LBP, with an average pain intensity of 4.58 out of 10. The most prominent physical triggers were frequent patient lifting (89.4%) and prolonged standing (83.3%). Interestingly, while 92.4% of respondents had received ergonomic training, LBP remained high, pointing to a gap between classroom knowledge and clinical reality. Strong associations were found between LBP and prolonged standing, frequent patient handling, lack of assistive devices, and insufficient rest breaks, alongside individual factors like age, work experience, and physical inactivity. **Conclusion:** LBP poses a severe occupational burden among nurses in this facility, driven by multifactorial risks. Despite existing training, gaps in practical implementation persist. Comprehensive institutional interventions including the provision of patient-handling equipment, optimized scheduling, and enhanced workplace support policies are required to protect nurse's health.

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