

PROFESIONALNI FAKTORI BOLA U DONJEM DIJELU LEĐA ZDRAVSTVENIH PROFESIONALACA

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Sažetak. Bol u donjem dijelu leđa složno je stanje povezano sa biopsihosocijalnim faktorima koji narušavaju funkciju, učešće u društvu i lični prosperitet. Na radnim mjestima zdravstveni profesionalci su izloženi profesionalnim rizicima za razvoj bola u donjem dijelu leđa. Identifikovani faktori su dugotrajno stajanje, sjedanje, savijanje, podizanje tereta i fizički rad s pacijentima. Cilj istraživanja bio je utvrditi učestalost mehaničkih faktora na bol u donjem dijelu leđa zdravstvenih profesionalaca. Sprovedena je presječna studija u pet zdravstvenih ustanova primarnog, sekundarnog i tercijarnog nivoa u Boki Kotorskoj, Crna Gora (XII 2021. godine - VI 2022. godine). U istraživanju dobrovoljno je učestvovalo 230 ispitanika. Istraživački instrument bio je Upitnik dizajniran za ovo istraživanje. Bol u donjem dijelu leđa zastupljen je kod 83,5% zdravstvena profesionalca. Rezultati pokazuju zastupljenost bola kod 82,3% ispitanika ženskog pola i 17,7% ispitanika muškog pola. Radno je angažovano 34,9% ispitanika na sekundarnom nivou, 32,8% na primarnom i 32,3% na tercijarnom nivou, prosječne starosne dobi 41,6±12,99 godine. Analiza fizičkog napora na poslu pokazala je statistički značajnu razliku $p=0,0001$, jer 35,9% ispitanika uglavnom stoje/hodaju, ali ne nose težak teret, 22,9% sjedi, 14,1% stoji, 8,3% stoje i nose težak teret, 7,8% puno hodaju, penju se uz stepenice i nose težak teret, 5,7% često se saginju, a 4,2% teško fizički rade. Pretežnom stajanjem/hodanjem, bez nošenja teškog tereta izloženo je 52,4% ispitanika primarnog nivoa, 37,1% tercijarnog i 19,4% sekundarnog nivoa. Teškom fizičkom radu, nošenju/podizanju tereta izloženo je 7,5% ispitanika sekundarnog nivoa. Čestom saginjanju pri radnim zadacima izloženo je 4,8% ispitanika tercijarnog nivoa. Ispitanici primarnog nivoa nisu izloženi teškom fizičkom radu. Profesionalni faktori su različiti i znatno zastupljeni u bolu donjeg dijela leđa zdravstvenih profesionalaca u ispitivanim ustanovama. Najzastupljeniji su fizički zahtjevne uloge, podizanje i nošenje teškog tereta, radni položaji i pokreti. Potrebno je sprovesti preventivne mjere na radnom mestu za manju izloženost ovim faktorima.

Ključne riječi: zdravstveni radnici, bol u donjem dijelu leđa, mehanički faktori, učestalost

PROFESSIONAL FACTORS OF LOW BACK PAIN IN HEALTHCARE PROFESSIONALS

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Abstract. Low back pain is a complex condition associated with biopsychosocial factors that impair function, social participation, and personal prosperity. In the workplace, health professionals are exposed to occupational risks for the development of lower back pain. Identified factors are prolonged standing, sitting, bending, lifting loads and physical work with patients. The aim of the research was to determine the frequency of mechanical factors in the lower back pain of health professionals. A cross-sectional study was conducted in five primary, secondary and tertiary health institutions in Boka Kotorska, Montenegro (XII 2021 - VI 2022). The research instrument was a Questionnaire designed for this research. Pain in the lower back is present in 83.5% of health professionals. The results show the prevalence of pain in 82.3% of female respondents and 17.7% of male respondents. 34.9% of respondents were employed at the secondary level, 32.8% at the primary level and 32.3% at the tertiary level, with an average age of 41.6 ± 12.99 years. The analysis of physical effort at work showed a statistically significant difference $p=0.0001$, because 35.9% of respondents mostly stand/walk, but do not carry heavy loads, 22.9% sit, 14.1% stand, 8.3% stand and carry heavy loads, 7.8% walk a lot, climb stairs and carry heavy loads, 5.7% often bend down, and 4.2% do hard physical work. Predominantly standing/walking, without carrying a heavy load, was exposed to 52.4% of respondents at the primary level, 37.1% at the tertiary level and 19.4% at the secondary level. 7.5% of secondary level respondents were exposed to hard physical work, carrying/lifting loads. 4.8% of respondents at the tertiary level were exposed to frequent bending during work tasks. Primary level respondents are not exposed to hard physical work. Professional factors are different and significantly represented in the pain of the lower part of the back of health professionals in the investigated institutions. The most common are physically demanding roles, lifting and carrying heavy loads, working positions and movements. It is necessary to implement preventive measures at the workplace to reduce exposure to these factors.

Key words: healthcare workers, low back pain, mechanical factors, frequency