



ORIGINAL

Cross-sectional study of adult women with low back pain: Demographic and clinical profile and factors associated with disability[☆]



A. Gavira Pavón^a, N. Rodríguez Rodríguez^b, F.J. Gavira Iglesias^{b,*}

^a Medical Centre of Boadilla del Monte, Madrid, Spain

^b Primary Care Centre of Cabra, Cabra, Córdoba, Spain

Received 3 August 2014; accepted 23 January 2015

Available online 9 March 2015

KEYWORDS

Low back pain;
Epidemiologic
factors;
Women

Abstract

Objective: To identify sociodemographic, clinic profile and factors associated with low back pain (LBP) in women who consult for this reason.

Methods: Cross-sectional study carried 28 October 2010 and 29 April 2011 out in 2 primary care centers in Cordoba and 1 private center in Madrid. A total of 364 women participated, with ages 20–65 years (of the 466 women contacted, 33 were excluded for inability to contact them, 29 did not attend the interview and 40 refused to participate). These women had consulted because of back pain located between the twelfth rib and the gluteal fold, with or without pain that went down the leg. They were interviewed by means of a questionnaire and the performance test was evaluated by Active Straight Leg Raise (ASLR) test.

Outcome measures: Presence and intensity of LBP, Oswestry Disability Index (ODI), number of births, urinary incontinence (UI), ASLR test, digestive, respiratory and osteoarticular comorbidity, diabetes, high blood pressure, drugs, physical activity and sociodemographic data.

A descriptive and multivariate statistical analysis was performed.

Results: Mean age 46 years, 24% with chronic pain, 43% with UI and positive ASLR and 39% severe disability grade (ODI > 40%). In the multivariate analysis the variables associated with severe disability caused by LBP were sciatica (OR 7.439; 95% CI: 3.979–10.898), osteoarthritis (OR 3.366; 95% CI: –0.312 to 7.044), LBP intensity (OR 3.094; 95% CI: 2.303–3.885), ASLR+ (OR 2.313; 95% CI: 1.599–3.027), increased use of drugs (OR 0.811; 95% CI: 0.114–1.517) and IU (OR 0.407; 95% CI: 0.073–0.741).

[☆] This work has been presented as oral presentation at the XXI Andalusian Congress of Family and Community Medicine held in Cordoba from 5 to 7 October 2011, having received the award for the best paper IMBIC with translational projection.

* Corresponding author.

E-mail address: javigle52@gmail.com (F.J. Gavira Iglesias).

PALABRAS CLAVE

Dolor lumbar;
Factores
epidemiológicos;
Mujeres

Conclusions: 39% of women have severe incapacity that is related to the presence of sciatica, osteoarthritis, LBP intensity, ASLR+, drugs and IU.

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Estudio transversal de mujeres adultas con dolor lumbar: perfil sociodemográfico y clínico y factores asociados con la discapacidad

Resumen

Objetivo: Identificar las características sociodemográficas y clínicas y los factores asociados al dolor lumbar (LBP) en mujeres que consultan por este motivo.

Métodos: Estudio transversal realizado en 2 centros de atención primaria de Córdoba y un centro médico privado en Madrid. Participaron 364 mujeres (de 466 contactadas, 33 fueron excluidas por imposible contacto, 29 no acudieron a la entrevista y 40 rechazaron participar) que consultaron por dolor de espalda localizado entre la duodécima costilla y el pliegue glúteo, con o sin dolor irradiado a la pierna. Se realizó entrevista con cuestionario y se valoró la ejecución del test de elevación activa de la pierna extendida (test ASLR).

Medidas de resultado: Presencia e intensidad del LBP, Índice de Discapacidad de Oswestry (ODI), número de partos, incontinencia urinaria (IU), test ASLR, comorbilidad digestiva, respiratoria y osteoarticular, diabetes, hipertensión, fármacos, actividad física y datos sociodemográficos.

Análisis estadístico descriptivo y multivariante.

Resultados: Edad media 46 años, el 24% con dolor crónico, el 43% con IU y ASLR positivo y el 39% con una incapacidad severa (ODI >40%). Las variables asociadas en el análisis multivariante con incapacidad severa causada por LBP son ciática (OR = 7,439; IC del 95%: 3,979–10,898), artrosis (OR = 3,366; IC del 95%: –0,312–7,044), intensidad del dolor (OR = 3,094; IC del 95%: 2,303–3,885), positividad test ASLR (OR = 2,313; IC del 95%: 1,599–3,027), mayor consumo de fármacos (OR = 0,811; IC del 95%: 0,114–1,517) e IU (OR = 0,407; IC del 95%: 0,073–0,741).

Conclusiones: El 39% de las mujeres tiene una incapacidad severa que está relacionada con ciática, artrosis, intensidad del dolor, test ASLR+, fármacos e IU.

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Introduction

Low back pain (LBP) is defined as pain and discomfort, located between the costal margin and the inferior gluteal fold, with or without pain referred to the leg.^{1,2}

According to a recent systematic review,³ the mean overall prevalence of LBP, which was defined as all prevalence regardless of prevalence period, was 31.0%. The mean point prevalence, 1-year prevalence and the lifetime prevalence were 18.3%, 38.0% and 38.9%, respectively. The overall mean prevalence of LBP was significantly higher among females compared to males. In Spain the 2006 National Health Survey found that the 1-year prevalence of LBP was 19.9%, higher among female (24.5%) than male (15.1%).⁴

Its clinical course is usually chronic and recurrent and 1 in 10 cases it is not resolved at all.⁵ So that it represents high costs for society. These costs are split between direct (46%) and indirect (54%) costs.⁶

Besides the known risk factors for the emergence and development of chronic LBP,⁷ in the last two decades respiratory, gastrointestinal and urinary incontinence problems have been related to LBP.^{8–10}

This study, conducted in adult females in three Spanish health centers attending with low back pain, is to know the sociodemographic and clinical characteristics of the women who suffer LBP and to identify variables associated with disability due to LBP.

Methods**Recruitment, sampling and data collection**

The study took place between October 28, 2010 and April 29, 2011 in the Health Center in Cabra and in Lucena (Córdoba) and in a private Health Center in Boadilla del Monte (Madrid).

Family physicians from those health centers were informed of where the research was going to be carried out. A family physician, a nurse and 3 physiotherapists carried out the interviews. Two of them were named reference researchers of the study, the family physician to catch the candidates for the study in Cabra and in Lucena and one of the physiotherapists to be in charge of the candidates

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