



## Literature Reviews

### Factors associated with low back pain changes during the third trimester of pregnancy

Chang, H.-Y., Lai, Y.-H., Jensen, M.P., Shun, S.-C., Hsiao, F.-H., Lee, C.-N. and Yang, Y.-L. (2014) *Journal of Advanced Nursing* 70 (5): 1054–1064

#### Introduction

There is a very good overview of the aetiology and epidemiology of pregnancy-related low back pain (PR-LBP) and consideration is given to the potential morbidity associated with this condition. It is noted that previous research examined levels of pain and risk factors in order to develop knowledge further. This study set out to examine bio-psycho-social factors on the development of PR-LBP.

#### Design

A longitudinal study was undertaken.

#### Sampling

Consecutive sampling was used and from a potential 248 participants 179 eventually completed the questionnaires.

#### Data collection

Data collection took place at three time points in the third trimester of pregnancy and the following tools were used:

- Brief Pain Inventory – Taiwanese Version
- Patient Health Questionnaire
- Physical Workload Questionnaire
- Pain Catastrophising Scale
- Multi-dimensional Scale of Perceived Social Support
- Demographic Data

#### Data analysis

Data were analysed using both inferential and descriptive statistics. The use of these was well considered for each set of data.

#### Results

In the trimester under study pain interference became gradually worse. There was an association between pain catastrophising and pain intensity at 24 weeks gestation and the development of PR-LBP. If depression was present there was also an increase in PR-LBP interference.

#### Conclusion

It is important to look at the benefits of treatment of elements associated with PR-LBP where possible. Depression and catastrophising may respond to such interventions as cognitive behavioural therapy.

### **Care for community-dwelling frail older people: a practice nurse perspective**

*Bindels, J., Cox, K., Widdershoven, G., van Schayck, O.C.P. and Abma, T.A. (2014) Journal of Clinical Nursing 23: 2313-2322*

#### **Introduction**

There is good consideration of the impact of an ageing population on the healthcare system. It is noted that practice nurses (PNs) can have a significant role in the care of older people and it is the intention of this study to gain a deeper understanding of the PN perception of this role.

#### **Design**

The study is described as a responsive evaluation aiming to enhance dialogue amongst the stakeholders involved in an intervention. This fundamentally used a grounded theory approach.

#### **Sampling**

Of 39 practice nurses working in programmes within the region of the study 23 agreed to participate.

#### **Data collection**

Data were collected using observation, interviews and focus groups.

#### **Data analysis**

Data were analysed using the grounded theory approach to coding and was concurrent with data collection.

#### **Results**

Data analysis generated the following four categories:

- Building a trusting relationship
- Making connections
- Targeting the wrong audience
- Providing good care

#### **Conclusion**

There needs to be more appropriate screening to identify the appropriate older people needing care. In addition to this the PN needs more education and support in order to deal with the issues experienced by the elderly in society.

### **Life-space mobility and social support in elderly adults with orthopaedic disorders**

*Suzuki, T., Kitaike, T. and Ikezaki, S. (2014) International Journal of Nursing Practice 20 (Suppl. 1): 32-38*

#### **Introduction**

There is a good overview of orthopaedic disorders in older people and alongside this the impact on function is discussed. However, it is also noted that this, in turn, can affect many other aspects of life, particularly the psycho-social elements.

#### **Design**

This is described as a cross-sectional study (survey design).

#### **Sampling**

One hundred and fifty six older people were selected from 2 out-patient departments covering an area with a population of 964,000. One hundred and fifty two responded but only 140 were deemed valid.

#### **Data collection**

This took place using 5 instruments, they were very well considered and the content related to:

- Demographic data
- Orthopaedic factors
- Physical ability
- Social support
- Life-space mobility

#### **Data analysis**

This took place using *t*-test, correlations and multiple regression analysis. SPSS version 18.0 was used for this purpose.

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