

**Original Article****Profile of Individuals with Chronic Low Back Pain Patient**

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**Abstract**

**Objective:** The aim of the present study was to assess the Socio-demographic characteristics of chronic low back pain patients.

**Methods:** A descriptive cross sectional study was conducted from January 2018 to June 2018 among 80 patients attending at Physical Medicine and Rehabilitation outpatient department of the Shaheed Suhrawardy Medical College and Hospital after obtaining requisite consent from the patients. Data were collected through interviewing of the patients. The collected data were entered into the computer and analyzed by using SPSS (version 20.1) to assess the Profile of Individuals with chronic low back pain patients. The study was approved by the institutional ethical committee.

**Results:** In a pool of 80 patients, the range of age was 18-55 years. Most of the patients (n=35, 44%) belong to 35-55 years age group. In a pool of 80 patients, Male patients (56.25%) were more than the female patients (43.75%) at the Shaheed Suhrawardy Medical College and Hospital. The highest numbers of patients were married (n=75, 93.75%). In occupational status, most of the patients were garments worker (n=35, 41.25%). In a pool of 80 patients, most of the patients BMI were normal (n=42, 52.5%).

**Conclusion:** Socio-demographic profile was characterized by male patients, as from the 35-55 years of age and garments worker. Physical functional profile was primarily characterized by patients with normal BMI and overweight.

**Keywords:** Individual profile, chronic low back pain.

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**Introduction**

Pain is the most common symptom prompting patients to seek medical attention and is reported by more than 80% of individuals who visit their primary care provider. Despite the frequency of pain symptoms, individuals often do not obtain satisfactory relief of pain<sup>1</sup>. According to International Association for the Study of Pain, it is “an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage”. Furthermore “Pain is always subjective. Each individual learns the application of the word through experiences related to injury in early life”<sup>2</sup>. Chronic nonspecific low back pain (i.e, low back pain of at least 12 weeks’ duration and without a specific cause) is one of the most common health conditions worldwide<sup>3</sup>. Chronic low back pain is highly associated with disability, emotional changes<sup>4</sup> and work absenteeism<sup>5</sup>. Worldwide, 65–80% of the population experience low back pain at some stage of their lives<sup>6</sup>. The majority of low back pain is non-specific and has no clear diagnostic, prognostic or treatment protocols<sup>7</sup>. Chronic low back pain is resistant to treatment, and patients are often referred for multidisciplinary treatment<sup>8</sup>.

**Materials & method**

A descriptive cross sectional study was conducted from January 2018 to June 2018 among 80 patients attending at Physical Medicine and Rehabilitation outpatient department of the Shaheed Suhrawardy Medical College and Hospital after obtaining requisite consent from the patients. Data were collected through interviewing of the patients. The collected data were entered into the computer and analyzed by using SPSS (version 20.1) to assess the Profile of Individuals with chronic low back pain patients. The study was approved by the institutional ethical committee. The interviews were held directly in the corridor just outside the Outpatient Department.

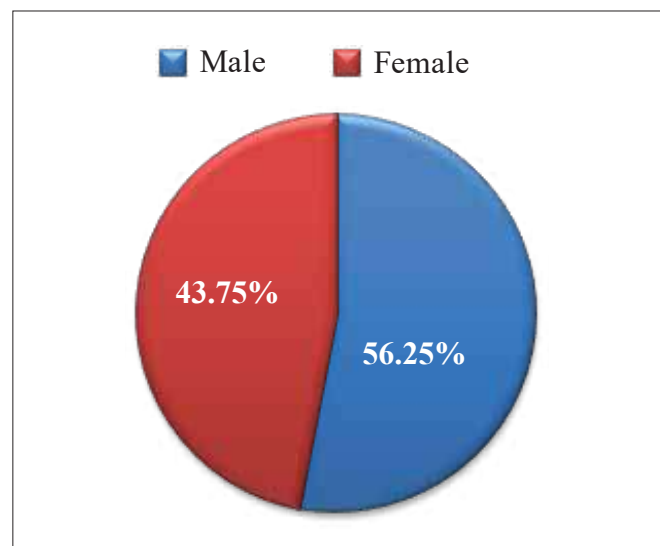
**Result**

The table I shows that the age structures of those patients have been categorized in years into three groups. Overall, 18 (22.5%) patients were in 18-25 years old while 27 (33.75%) patients were in 26-34 years old. 35 (43.75%) patients belong to 35-55 years age group

**Table I: Age distribution of the study population (n=80)**

Age in years	Number	Percentage
18-25 years	18	22.5%
26-34 years	27	33.75%
35-55 years	35	43.75%

Total numbers of patients both male and female were 80. Male patients (56.25%) were more than the female patients (43.75%) at the Physical Medicine and Rehabilitation outpatient department. (Figure 1)



**Figure 1: Pie Chart Showing Sex of the Patients**

The highest numbers of patients were married (n=75, 93.75%). (Table II)

**Table II: Marital status of the study population (n=80)**

Marital status	Number	Percentage
Married	75	93.75%
Unmarried	5	7.25%

Out of 80 patients 15 (18.75%) were housewife, 33 (41.25%) were garments worker, 15 (18.75%) were teacher, 6 (7.5%) were driver and 11 (13.75%) were businessman. (Table III)

**Table III: Occupational status of the study population (n=80)**

Occupational status	Number	Percentage
Housewife	15	18.75%
Garment worker	33	41.25%
Teacher	15	18.75%
Driver	6	7.5
Businessman	11	13.75

Out of 80 patients 6 (7.5%) were underweight, 42 (52.25%) were normal BMI, 23 (28.75%) were overweight, 9 (11.25%) were obese. (Table IV)

**Table IV: BMI status of the study population (n=80)**

BMI status	Number	Percentage
Underweight (<18.5)	6	7.5%
Normal (18.5-24.9)	42	52.25%
Overweight (25.0-29.9)	23	28.75%
Obese (30.0-34.9)	9	11.25

### Discussion

All together a total of 80 prescriptions were collected during the study period. In our study most of the patients belonged to 35-55 years (43.75%). Near to similar results were obtained in the study conducted by bento et al. 2019 study<sup>9</sup>. In their study they stated most of the patients were 36-59 years (32.7%). This study showed male patients were more than the female patients which were 56.25% and 43.75% respectively. Dismilar results were obtained in the study conducted

by Galukande et al. 2005 study<sup>10</sup>. In our study most of the patients were married (93.75%). Similar results were obtained in the study conducted by Galukande et al. 2005 study<sup>10</sup>. In our study most of the patients were garments worker (41.25%). Similar results were obtained in the study conducted by Santos et al. 2015 study<sup>11</sup>. In their study they stated most of the patients were industrial production worker (25.2%). In our study most of the patients were Normal BMI (52.5%) and overweight (28.75%). Disimilar results were obtained in the study conducted by Santos et al. 2015 study. In their study they stated that most of the patients were overweight (57.1%)<sup>11</sup>.

### Conclusion

Socio-demographic profile was characterized by male patients, as from the 35-55 years of life and garments worker. Physical functional profile was primarily characterized by patients with normal BMI and overweight. A larger study is needed to explore these hypotheses further.

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