

PAIN AND ACTIVITY AVOIDANCE IN ADULTS WITH CHRONIC NON-SPECIFIC LOW BACK PAIN-A QUALITATIVE STUDY

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INTRODUCTION

- Chronic non-specific low back pain (CNSLBP) is a major health burden around the world.¹
- Pain and activity avoidance is associated with CNSLBP.²
- This is contrary to the current literature evidence that indicates that activity and returning to activities of daily living can play an important role in the management of CNSLBP.^{3,4}

AIM

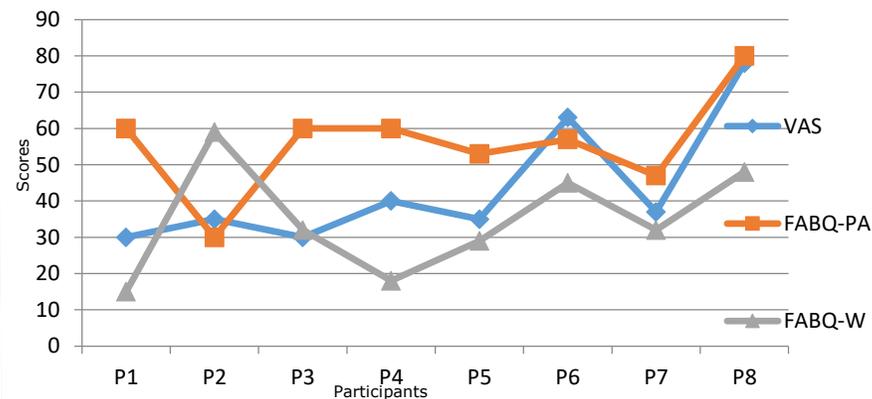
- To explore the perspectives of pain and related activity avoidance among adults with CNSLBP.

METHOD

- Study location: Private Physiotherapy Clinic, Petaling Jaya and UKMC
- Study period: January to March 2016
- Study design: A qualitative study-one to one interview
- 8 adults with CNSLBP
- Criteria: age: 20-45, ODI: 21%-60%, SLR>70°
- No spinal deformities, neurological deficits, pregnancy, spinal trauma, inflammatory joint disease, tumour or spinal infection.
- Briefed on research, obtained consent and demographic data.
- Pain levels: Visual Analogue Scale.
- Fear Avoidance Belief: Fear Avoidance Belief Questionnaire.
- Data Analysis: Thematic content analysis

RESULTS

Participants: 8 CNSLBP adults (6 women and 2 men)
 Median age : 33.5 years, median VAS score : 36/100
 Median FABQ-PA score : 17.5/24, FABQ-W score : 21/42.
 Themes: i. Activity that provoked pain; ii. Pain coping strategies

Comparison of VAS, FABQ-W and FABQ-PA

- Pain in their lower back was aggravated by prolonged static postures and activities of daily living, namely flexion of trunk, lifting, house chores and sports activities.
- Many participants commonly avoided sports and social activities due to pain.
- Awareness on posture and changing position to ease pain was indicated as evidence of fear avoidance belief.

References

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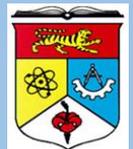
SIGNIFICANCE OF FINDINGS TO ALLIED HEALTH

The findings of this study suggested that adults with CNSLBP avoided activities that aggravate pain, including those which research evidence indicates may be beneficial.

Given the biopsychosocial nature of CNSLBP, avoiding sports and social activities, which may be act as protective factors, may contribute to ongoing chronicity.

Allied health practitioners need to engage with patients with CNSLBP through education and reassurance to facilitate reengagement with social and sporting activities.

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**Acknowledgement : Universiti Kebangsaan Malaysia;
 Grant: GUP-2015-046.**