

<https://doi.org/10.52449/1857-4114.2022.39-1.12>

CZU: 616.7

SELF-ASSESSMENT OF PATIENTS HEALTH SUFFERING FROM BACK PAIN

Potapenco Roman¹

<https://orcid.org/0000-0003-4699-7144>

¹"C. Stere" University of European Political and Economic Studies, Chisinau, Republic of Moldova

Abstract. Back pain is one of the most common health problems today in people of different ages. Determining the factors and causes that favor the appearance of back pain in the lumbar region of the spine and the initiation of recovery programs would improve the health of patients of different ages.

Following the socio-pedagogical survey, which consisted of 78 questions on self-assessment of the health of patients suffering from back pain, 10 main questions were selected that refer to back pain in the lumbar region.

Thus, the results of the socio-pedagogical survey showed that most of the patients surveyed have pain in the lumbar region, being accompanied by anxiety, difficulties in practicing professional and daily activities. Also, the cause of back pain in the lumbar region was determined, these being the lack of a systematic practice of physical and recovery exercises.

Keywords: pain, lumbar region, recovery, patient

Actuality. The specialty literature in the country and abroad shows that about 80% of the population has at least one painful lumbar episode in their lifetime, 25% of them are recurrent and 10% will have chronic pain. Pain that persists for more than three months can lead to: functional impotence, disability and psychological impairment and quality of life [2, 3, 4, 5].

Currently, back pain is one of the most common health problems in adults. The causes of back pain can be very diverse, from adopting the wrong posture to spinal problems such as a herniated disc or spinal stenosis [1].

Observations, in recovery services, clinical or statistical, highlight the fact that the pathology generating pain in the spine in general, and lumbar in particular, ranks first in the case of recovery services both nationally and internationally [1].

The purpose of this paper is to determine the level of health of patients with back pain in the lumbar region of the spine.

Material and method. In order to assess the health of patients suffering from back pain, between September 2020 and January 2021, we conducted a socio-pedagogical survey, which was based mainly on opinion (self-assessment), which was conducted on a sample of patients of the Medkinetica Recovery Center. The total questionnaire includes 78 questions with different answers to cover all aspects related to back pain. Out of all 78 questions, we selected the 10 most representative questions, of general and particular order, which refer to back pain in the lumbar region. The research sample consisted of 348 patients aged 35-68 years.

The results of the sociological survey. The data received from the survey showed that 46.55% of patients have back pain in the lower back. Some of those surveyed - 35, 35% mentioned that "Sometimes" attest to back pain, and 18.1% of patients mentioned that they do not attest to any back pain (Figure 1).

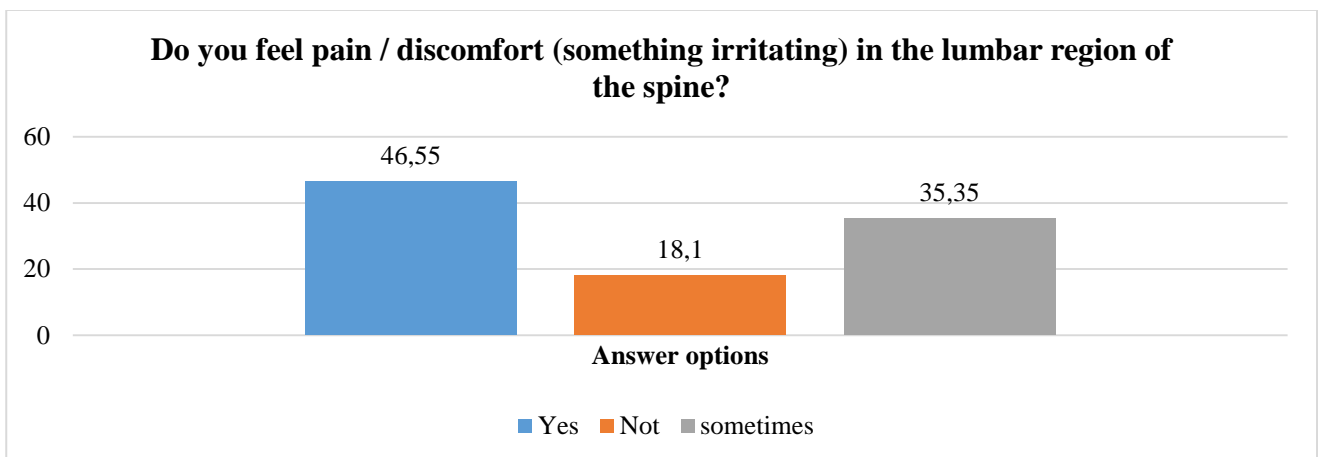


Fig. 1. Patients' answers to the question "Do you feel pain / discomfort (something irritating) in the lumbar region of the spine?"

The data represented in Figure 2 show that more than 57.76% of the patients surveyed periodically move with difficulty due to blockages that occur in the back. Also, 30.46% of patients answered that "Sometimes" they can not make movements due to blockages in the back, which is both painful and annoying.

From 348 patients, only 11.87% mentioned that they did not have back pain. From the illustrated ones we see that the data confirm once again, that the adults attest to blockages at the level of the spine, which makes their life and professional activity difficult.

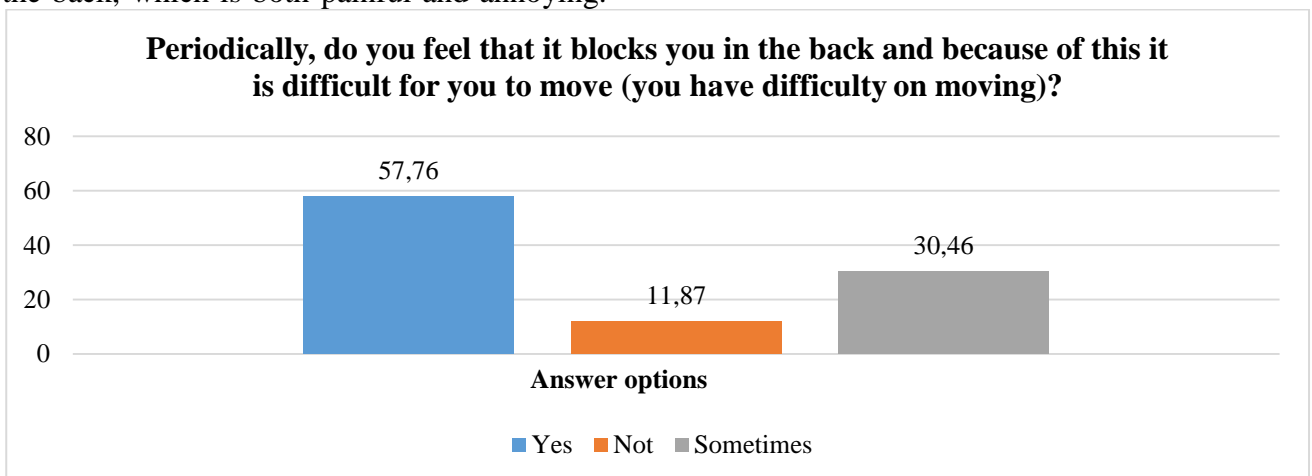


Fig. 2. Patients' answers to the question "Periodically, do you feel that you are blocked in your back and because of this it is difficult for you to move (you have difficulty on moving)"

Figure 3 shows the data on the question "Simple (ordinary) movements during the day, do cause they pain, discomfort in the lumbar region of the spine?". From the illustrated ones we notice that 51.44% of the patients the simple movements, during the day, do not cause pain / discomfort in the lumbar region of

the back. Some patients - 28.45%, mentioned that simple movements cause them discomfort / pain during the day, and 20.11% of them mentioned that "Sometimes" feel pain or discomfort in the spine in the lumbar region, during the day. The data show that exercise in any form is beneficial to health.

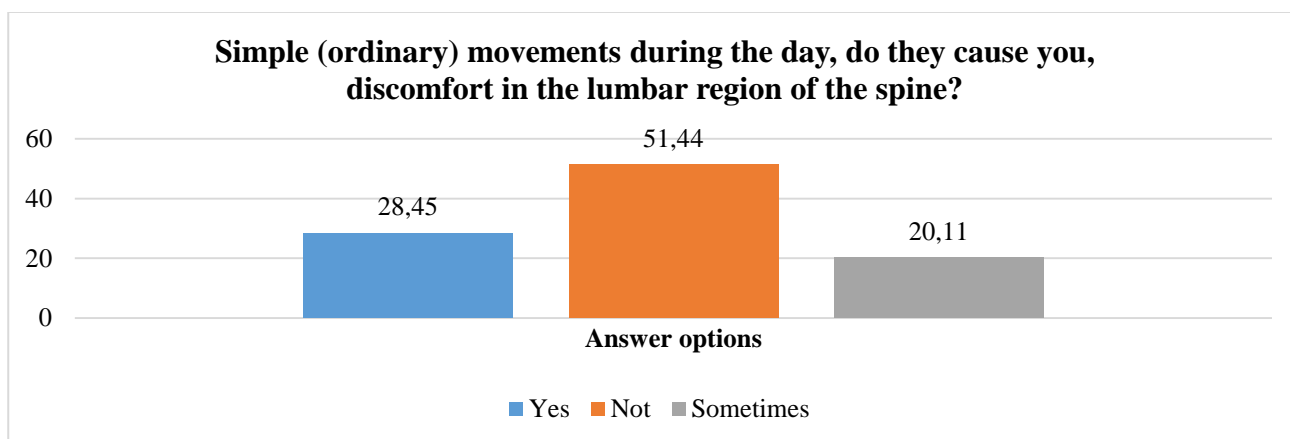


Fig. 3. Patients' answers to the question "Do simple (normal) movements during the day cause you pain, discomfort in the lumbar region of the spine?"

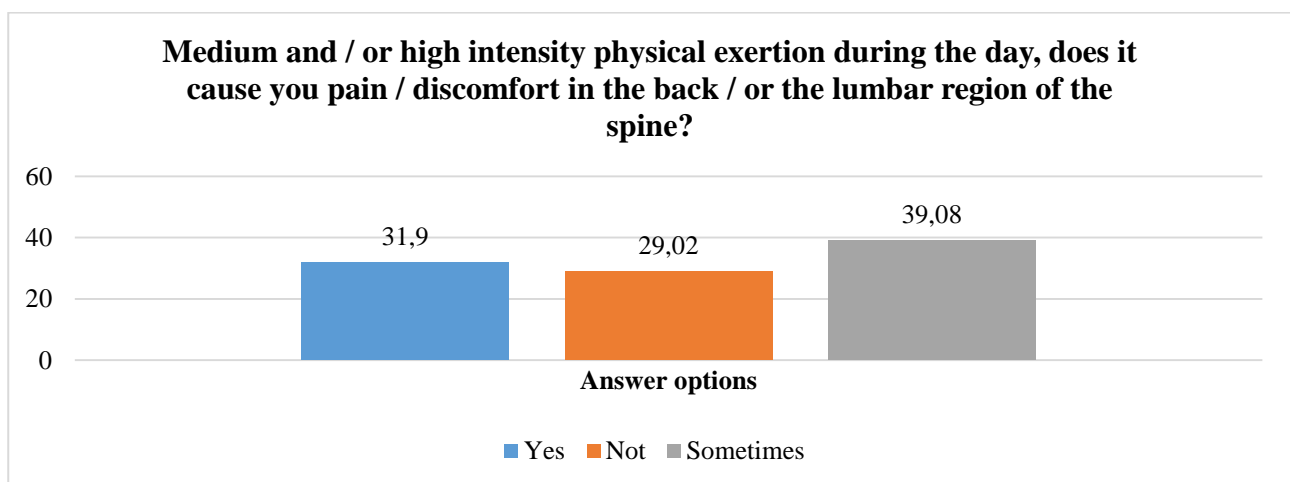


Fig. 4. Patients' answers to the question "Do medium and / or high-intensity physical exertion during the day cause you pain / discomfort in the back / or the lumbar region of the spine?"

To the question "Medium and / or high intensity physical exertion during the day, do they cause you pain / discomfort in the back / or the lumbar region of the spine?", 39.08% answered that "Sometimes" attests pain / discomfort in the region lumbar spine when performing a physical effort of different intensity (Figure 4), 31.9% of respondents mentioned that they have pain in the lumbar

region of the spine, and the others - 29.02% of patients answered "No" to this question. From those illustrated in Figure 4, we observe that the received data demonstrate that performing a physical effort of different intensity (medium / or high) causes pain / discomfort in the spine of patients, which leads us to think that people who have a sedentary way of life most of the time have back pain / discomfort in the spine

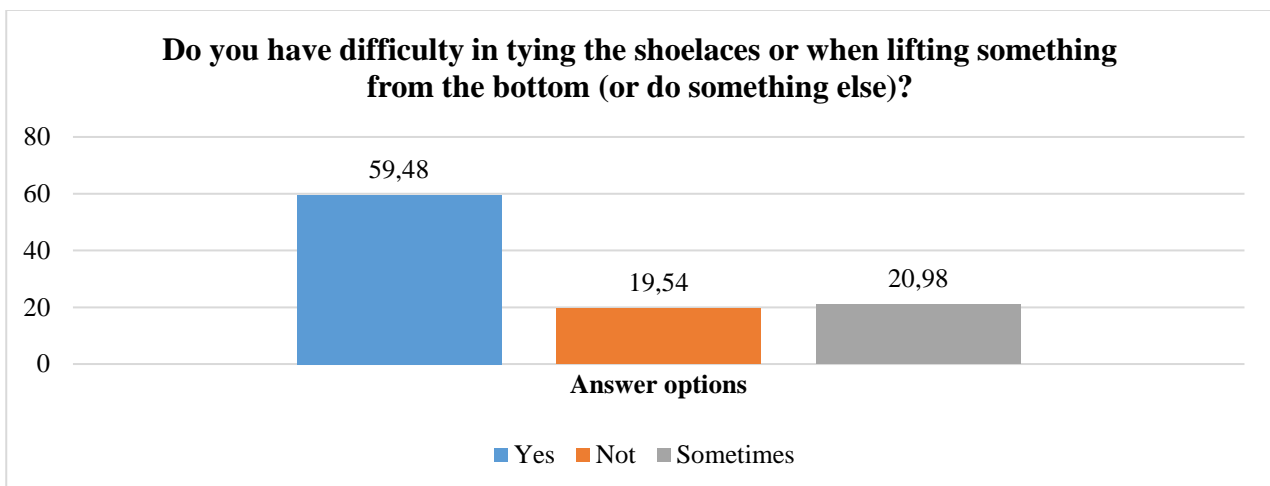


Fig. 5. Patients' answers to the question "Do you have difficulty in tying the shoelaces or when lifting something from the bottom (to do something else)?"

Figure 5 shows the data received from patients on the difficulties encountered by patients in the process of tying the shoelaces or lifting any object from the bottom. The data collected show that 59.48% of those surveyed mentioned that they encounter difficulties in the process of tying the laces or lifting any lower object. The others, 20.98% of the patients, mentioned that only "Sometimes" and

19.54% - "Not" encounter difficulties in the process of tying the laces. The data reflected in Figure 5 show that an impressive number (59.48%) of patients need kinetotherapeutic recovery, and the others (20.98%) also need kinetotherapeutic recovery, as they encounter "Sometimes" difficulties in the process of tying the laces or lifting any object from the bottom.

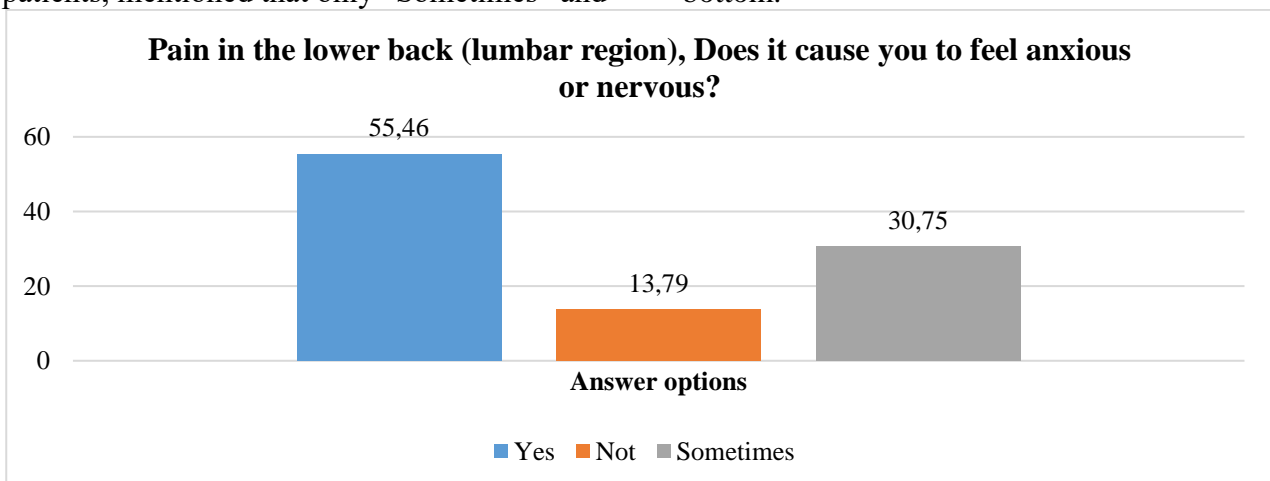


Fig. 6. Patients' answers to the question "Does the pain in the lower back (lumbar region) cause you to feel anxious or nervous?"

The data taken from the sociological survey show that a large part of those surveyed (55.46%) show pain in the lower back (lumbar region) and it causes both anxiety and nervousness (Figure 6). 30.75% of patients mentioned that "Sometimes" there is pain in

the lumbar region, and 13.79% of them said that "There is no pain". These data show that more than half of those surveyed -55.46% need kinetotherapy recovery, to reduce anxiety and nervousness which is an impediment to their professional and daily work.

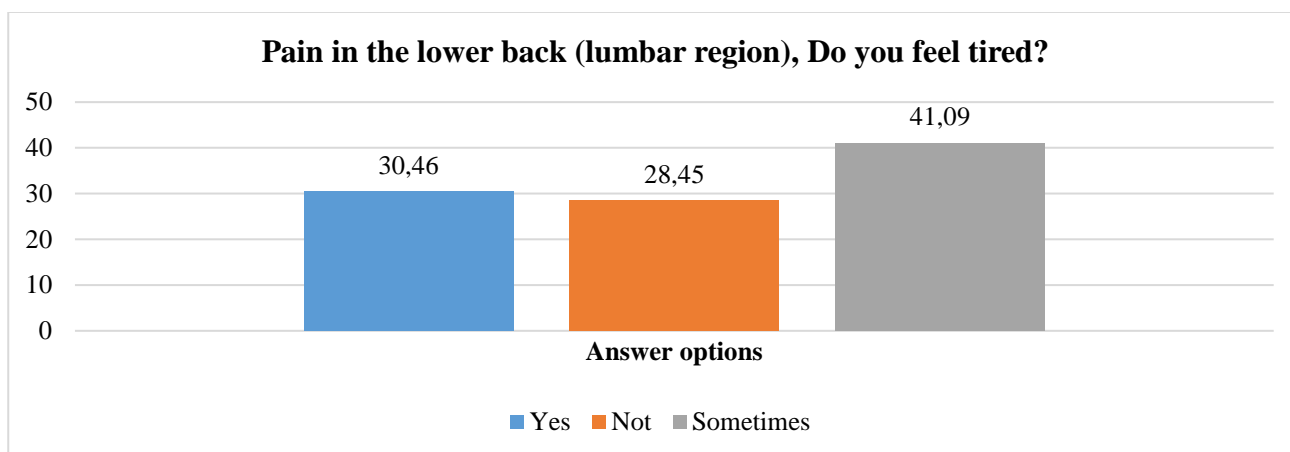


Fig. 7. Patients' answers to the question "Does the pain in the lower back (lumbar region) cause you to feel tired?"

Patient responses to "Pain in the lower back (lumbar region), does it make you feel tired?" we find them in Figure 7. 41.09% of them mentioned that "Sometimes" they cause them feelings of fatigue. The other 58.91% of patients are distributed between those who

witness pain in the lumbar region and this causes them feelings of fatigue (30.46%) and those who "Not" attest pains (28.45%). These data show us that of those surveyed, most of them have kinetotherapy recovery needs (71.55%).

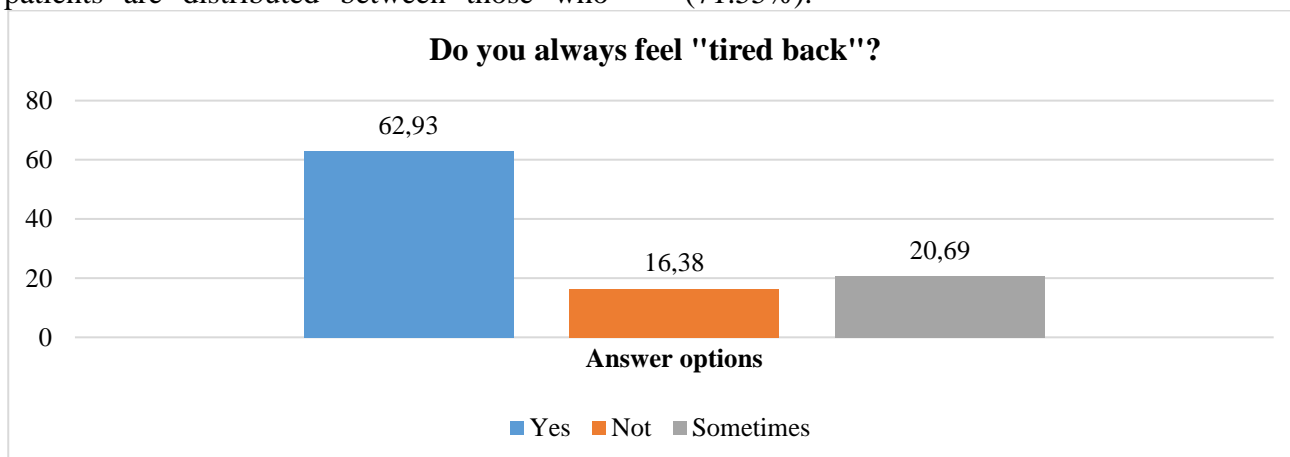


Fig. 8. Patients' answers to the question "Do you have a permanent feeling of 'tired back'?"

The data in Figure 8 show that 62.07% of those surveyed have the feeling of "Tired back", the other 37.07% are distributed among those who "Sometimes" have that feeling of "Tired back" (20.69%) and those who "Not"

have such feelings (16.38%). The data illustrated in Figure 8 show us that more than half of those surveyed (62.93%) need kinetotherapy recovery to lead a normal professional and daily life.

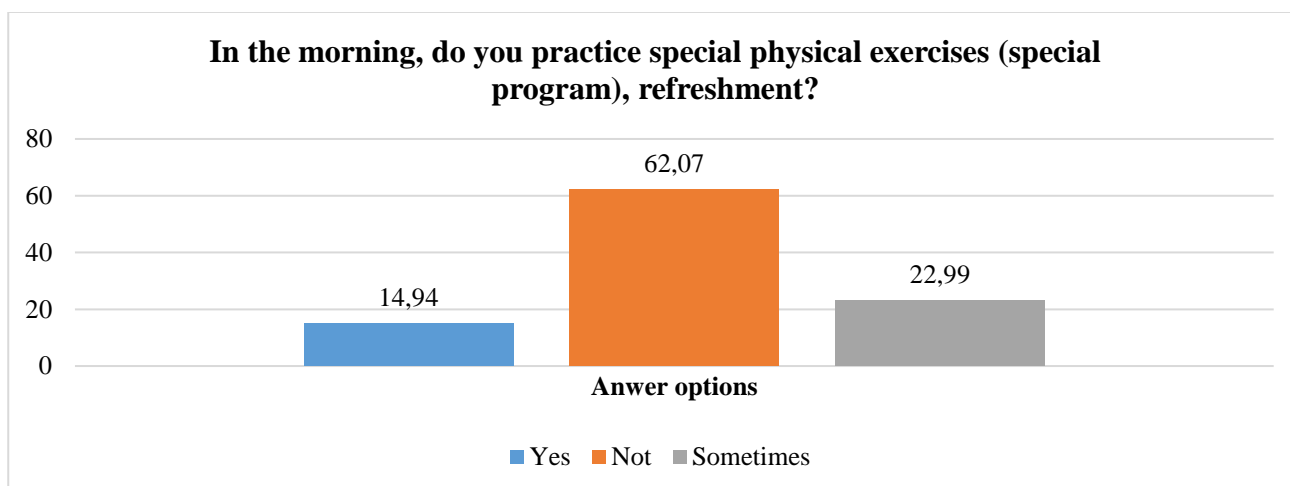


Fig. 9. Patients' answers to the question "In the morning, do you do special physical exercises (special program), refreshment?"

In Figure 9 we have reflected the analytical data on the question "In the morning, do you practice special physical exercises (special program), refreshment?". From the illustrated ones we notice that 62.07% of the respondents do not practice in the morning special physical exercises (special program) of refreshment, so from the data illustrated in Figures 1-9, we conclude that it is inevitable

that people have back pain, in lumbar region of the spine. 22.99% of the patients only "Sometimes" practice special refreshment exercises and only 14.94% of those surveyed practice in the morning, special physical refreshment exercises, in order to maintain a good physical condition and to have a professional activity and normal daily life.



Fig. 10. Patients' answers to the question "Do you consider it necessary to select a kinetotherapy methodology for your recovery. Or is it enough to have a classic massage?"

Patients were asked the question "Do you consider it necessary to select a kinetotherapy methodology for your recovery. Or is it enough just a classic massage?" in which 83.62% of them mentioned that they consider it necessary to select a kinetotherapeutic methodology. 6.61% of respondents mentioned that they only need

"Classic Massage", which will improve their physical condition. The others - 2% of patients, mentioned that "I do not know" what they need to improve their physical condition. These data confirm with certainty the data obtained previously (Figure 1-9) that most patients do not systematically exercise or any

special recovery program to improve and maintain physical condition.

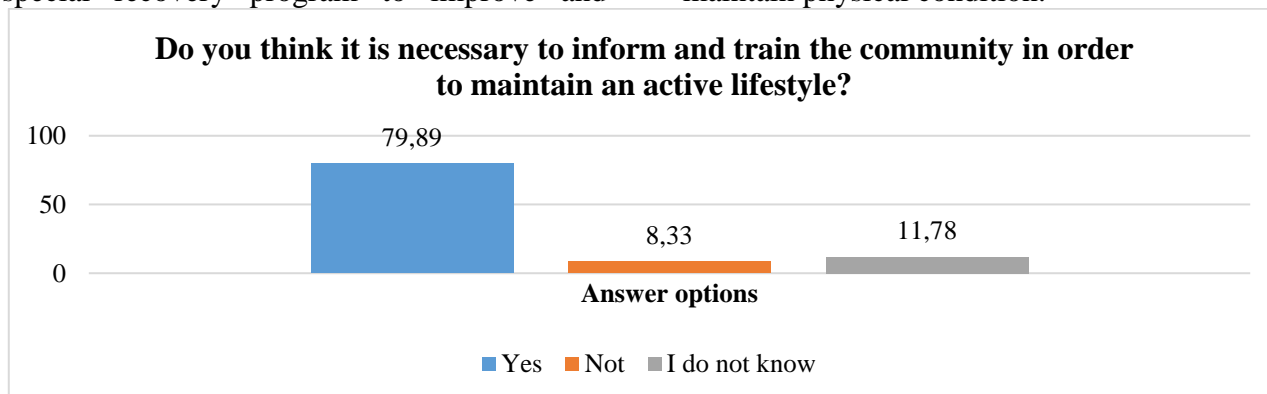


Fig. 11. Patients' answers to the question "Do you consider it necessary to inform and train the community in order to maintain an active lifestyle?"

Figure 11 shows patients' answers to the question "Do you think it is necessary to inform and train the community in order to maintain an active lifestyle?". 79.89% of respondents consider it necessary to inform and train the community in order to maintain an active lifestyle. The others - 20.11% of the respondents mentioned that "I don't know" - 11.78% and "Not" - 8.33%. These data confirm that patients are aware of the need to inform and train community in order to lead an active lifestyle.

Concluding the above, we can say the following:

1. Most of the patients surveyed have back pain in the lumbar region of the spine, which brings with it anxiety, nervousness, difficulties in professional and daily activities;
2. Lack of systematic practice by patients of special physical exercises or kinetotherapy programs;
3. The strict need to inform and instruct the community on maintaining an active lifestyle.

References:

1. CRISTEA, F. (2019). *Metodologia recuperării kinetice a sindromului dureros lombar la persoanele de vârstă a II-a*: Teză de doctor în științe pedagogice. Chișinău. 196 p.
2. KNEIPP, S. (1999). *Hidroterapia*. București: Ed. L. V. B. p. 11.
3. MANOLE, V., MANOLE, L. (2009). *Evaluarea motrică și funcțională în kinetoterapie*. Iași: Ed. PIM. p. 3-6; 16-21.
4. RAȚĂ, S. (2014). Prevenirea și corectarea deficienței fizice scolioza prin înot terapeutic. În: *Știința Culturii Fizice*, 17/1: 76-82.
5. ROBĂNESCU, N. (2001). *Reeducare neuromotorie*. București: Ed. Medicală. p. 131.