Relationship between pain intensity and sleep (index) parameters in patients with chronic low back pain

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Background & Objective: Chronic Low back pain (CLBP) is a common problem that most people experience at some point in their lifetime. It is associated with various physical, emotional, economical and psychological dysfunctions that eventually cause deterioration in quality of life (QoL). This study investigated the relationship between pain intensity and sleep disturbance in patients with CLBP.

Methods: The study is a cross-sectional survey in which 112 patients attending 3 tertiary hospitals in Lagos, Nigeria were evaluated for LBP of duration greater than 3 months. The survey employed a visual analogue scale (VAS) and the Pittsburgh Sleep Quality Index (PSQI) to determine pain intensity and explore sleep variables respectively. The results were analyzed using Pearson product-moment correlation coefficient, independent t-test and Mann-Whitney U. Level of statistical significance was set at p<0.05.

Results: There was a statistically significant correlation between pain intensity and overall sleep index (r=0.22, p=0.02). Furthermore, there was a significant correlation between pain intensity and sleep latency (r=0.26, p=0.00) and sleep disturbance (r=0.27, p=0.00).

Conclusion: The study significantly established the adverse effect of CLBP on quality of sleep on patients. Therefore, sleep problems should be addressed as an essential part of management in patients with CLBP

Biography

Sunday R Akinbo, his academic and professional qualifications include BSc Physiotherapy, MSc & PhD Musculoskeletal Anatomy, University of Lagos, Nigeria and FPC, Nigeria. He is a Member of several national and international academic and professional associations among which are, Nigeria Society of Physiotherapy (NSP), Society for the Study of Pain, Nigeria (SSPN), International Association for the Study of Pain (IASP), International Society of Physiotherapy Journal Editors (ISPJE). He has also served as external assessor for Physiotherapy promotion exercise in several hospitals in Nigeria, and Chairman and Member of several academic and professional accreditation panels in Nigeria and Ghana. He is a recipient of several academic, professional and community distinction awards. He has attended well over 100 conferences locally and internationally, and has presented papers in all the conferences attended, and has also served as a Guest/Keynote Speaker in over 40 meetings (Conferences and Workshops). He has published well over 80 full research studies and 100 research abstracts in peered reviewed journals and conferences proceedings. His professional areas of specialization are Musculoskeletal & Orthopedics Physiotherapy and Sports Physiotherapy. He is presently the Head (Chairman), Department of Physiotherapy, College of Medicine of the University of Lagos and also; the Head (Chairman) and Consultant Physiotherapist, Department of Physiotherapy, Lagos University Teaching Hospital both in Lagos Nigeria.