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## Epidemiology of low back pain among nurses working in public hospitals of Addis Ababa, Ethiopia

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**Background:** Low back pain (LBP) related to nursing profession, is a very common public health problem throughout the world. Various risk factors have been implicated in the etiology and LBP is assumed to be of multi-factorial origin as individual, work-related and psychosocial factors can contribute to its development.

**Objectives:** To determine the prevalence and to identify risk factors of LBP among nurses working in Addis Ababa City Public Hospitals, Ethiopia, in the year 2015.

**Settings:** Addis Ababa University, Black-Lion ('Tikur Anbessa') Hospital-BLH, is the country's highest tertiary level referral and teaching hospital. The three departments in connection with this study: Radiology, Pathology and Orthopedics, run undergraduate and residency programs and receive referred patients from all over the country.

**Methods:** A cross-sectional study with internal comparison was conducted throughout the period October-December, 2015. Sample was chosen by simple random sampling technique by taking the lists of nurses from Human Resource Departments as a sampling frame. A well-structured, pre-tested and self-administered questionnaire was used to collect quantifiable information. The questionnaire included socio-demographic, back pain features, consequences of back pain, work-related and psychosocial factors. The collected data was entered in to EpiInfo version 3.5.4 and was analyzed by SPSS. A probability level of 0.05 or less and 95% confidence level was used to indicate statistical significance. Ethical clearance was obtained from all respected administrative bodies, hospitals and study participants.

**Results:** The study included 395 nurses and gave a response rate of 91.9%. The mean age was 30.6 ( $\pm 8.4$ ) years. Majority of the respondents were female (285, 72.2%). Nearly half of the participants (n=181, 45.8% (95% CI (40.8%-50.6%))) complained low back pain. There were statistical significant association between low back pain and working shift, physical activities at work; sleep disturbance and felt little pleasure by doing things.

**Conclusion:** A high prevalence of low back pain was found among nurses working in Addis Ababa Public Hospitals. Recognition and preventive measures like providing resting periods should be taken to reduce the risk of low back pain in nurses working in public hospitals.

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## Genesis and evolution of a myofascial dysfunction: Causes, pathological anatomy and effective treatments

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The presentation discusses about the causes that lead to a dysfunction of the fascial tissue and about the ways in which it can evolve in time. After an overview of fascial function and dysfunction—including brief anatomy and physiology notes—the participants will be able to understand the connection between thickening, contracture, fibrosis and calcification, as well as the fundamental role of the myofascial sliding and gripping. In the end, we will compare a selection of hypothetical models and therapeutic manual therapy approaches to treat fascial dysfunctions and we will talk about known methods of fascial modification.

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