



# A STUDY TO DETERMINE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM REGARDING KNOWLEDGE ON CORRECT BODY MECHANICS IN PREVENTION OF LOW BACK PAIN AMONG STUDENT NURSES OF VED NURSING COLLEGE PANIPAT, HARYANA.

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## ABSTRACT

**Background:** Transfer and positioning are basic skills learned early in the education of professional nurse, knowledge of their skills and the nurse's ability to implement them properly help maintain the client's mobility and protect the nurses from injuries. The knowledge and application of body mechanics enable the nurse to care safely for clients with varying levels of independent mobility throughout the lifespan. Musculoskeletal disorders are an important public health problem. Among them are back conditions, a complex problem for certain occupational groups, such as nursing personnel. Historically, back pain has been a major complaint, and nursing professionals are one at the highest risk. Risk factors for back pain can be either of individual origin or related to the workplace. The main occupational risk factors are lifting and handling of patients, uncomfortable and immobile postures, inadequate equipment, improper work place design, heavy physical work and inadequate work organization. A study conducted by J A Engel et al, on the topic of work related risk factors for musculoskeletal complaints in the nursing profession; results of a questionnaire survey found that a large proportion of the subjects regularly had back complaints 36% but also had arm or neck 30% and leg complaints 16%. Almost all respondents (89%) considered nursing work as physical strenuous.

✓ **Objectives:** To evaluate the effectiveness of structured teaching program regarding knowledge correct body mechanics in prevention of low back pain among student nurses.

✓ To determine association between level of knowledge regarding correct body mechanics in prevention of low back pain with their socio-demographic variables.

**Materials and Methods:** The pre-experimental survey research design was used for the study, and the research was carried out at the Ved Nursing College in Panipat. The selection of the samples was carried out using a method known as non-probability convenience sampling. The data were gathered through the use of a structured knowledge questionnaire with sixty different samples. On day 1, a pre-test assessment of prior knowledge was carried out, and immediately afterward, a structured instruction programme concerning body mechanics was carried out with each and every sample. The post-test was carried out on the seventh day. The Interview Method was utilised for the data collection process. Statistics, both descriptive and inferential, were utilised in order to conduct an analysis on the gathered data.

**Result:** During pre-test the mean and standard deviation knowledge scores were  $8.42 \pm 3.41$ . the post-test mean and standard deviation score was  $17.89 \pm 1.84$ . the mean difference scores were 9.47. the paired 't' test score was 18.42 for the degree of freedom at p value 0.001. it shows the structured teaching program regarding body mechanics and prevention of low back pain among study participants were effective.

**Keywords:** Knowledge, body mechanics, nursing students

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