



MONITORING LUMBAR PAIN AT THE OFFICE OF THE FAMILY DOCTOR IN PANDEMIC, PERSONAL STUDY

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Abstract

Introduction. Lumbar pain, along other comorbidities, are diseases associated with impact, which require close monitoring, especially in pandemics. If in previous years 40% of patients had an episode of back pain during their lifetime, this percentage increased in isolation.

Materials and methods. Social distancing, physical distancing, associated with the pandemic of fear of personal illness and loved ones, accidental change of sleep schedule, work location, contribute to the appearance of diseases caused by new risk factors or exacerbation of existing ones. The personal study is represented by the monitoring for 6 months in a pandemic of 73 patients with low back pain, using as an investigation technique the questionnaire with 22 items, self-administered online or at the request of trained staff. As a tool of investigation was used the grid of questions, to identify the most common symptoms during this period, the existence of favorable factors, monitoring the lifestyle, adherence and compliance of patients.

Conclusion Sedentary lifestyle, unbalanced diet followed by overweight or obesity, decreased physical condition, occurrence of ocular pathology, stress, excessive use of devices, smoking, excessive alcohol consumption, incorrect stool position, in bed lead to associated pain in the spine and region adjacent.

Lumbar pain is difficult to monitor in a pandemic, due to its low and late addressability. Identifying the existence of risk factors initially ignored by patients, educating a healthy lifestyle, with a healthy diet, active and passive rest, adapted to age and comorbidities, can prevent complications.

The role of the family doctor is to diagnose in time based on clinical and paraclinical data of the disease. Communicating with the patient, motivating him to collaborate with the multidisciplinary team, increasing compliance with therapeutic measures, using programs and guides, software and devices for patients, increase patient responsibility and ensure good case management.

Keywords: *lumbar pain, prevention, monitoring*