

THE IMPACT OF LOW BACK PAIN ON HEALTH-RELATED QUALITY OF LIFE IN PRESENT DAY SOCIETY AND ITS SOCIAL, DEMOGRAPHIC AND CLINICAL DETERMINANTS

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Abstract

Introduction. Low back pain has a direct and proportional impact on function and a general one on the quality of life. The present study aims to evaluate the functional impact of low back pain using specific self-assessment tools as indexes of appreciation and epidemiological correlations of potential risk factors involved.

Material and Method. The study group consists of 106 patients with low back pain, hospitalized between 28.09.2020-28.03.2021, at Balneal and Rehabilitation Sanatorium Techirghiol. After performing clinical examination, the patients filled surveys highlighting the impact of their low back pain on functionality and disability deriving from it: the Oswestry Disability Index, the Functional Independence Measure (FIM) instrument and the Visual analog scale (VAS) score evaluated at the moment of hospitalization and at discharge. Statistical analysis of data was carried out, and correlations between variables resulting from study were highlighted.

Results and Discussion. Most of the patients were females, representing 57,55% of the total number. Regarding the patients' age, 58,5% of them were in the 50-70 years interval. The study reveals a major positive impact of our treatment on spinal symptomatology, with a relevant statistical difference between the admittance and discharge VAS scores ($p < 0.001$). A strong and important statistical correlation was found between the Oswestry total score and the walking and standing items, a moderate correlation with the other items. Regarding the sex life item, the correlation is existent, but at a modest level.

Conclusion. The study reveals the importance of correlation of the data obtained clinical exam with self-assessment tools, that determine the level of functional independence and the functional impact on social life. It is necessary to quantify the therapeutic results obtained, in order to assess the level of improvement in quality of life.