WORK-RELATED NECK AND BACK PAIN ON SURGICAL CARE PRACTITIONERS IN CARDIOTHORACIC SURGERY - A MULTICENTRE SURVEY.

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BACK GROUND

- Prevalence of neck and back pain in adults 14%-44%.

- Almost 70% of them go off sick and return back within 1 week.
  - 30% return back to work within 2 months.

- Risk factors:
  - Same posture for long time, long standing.
  - Twisting, bending during the surgery.

- Current data is generalised; still there is a huge gap of evidence in the health care professionals.
AIM OF THIS STUDY

- To understand the incidence of neck and back pain.
- To understand the incidence of previous pain.
- To understand the duration of pain.
METHODS

- 70 questionnaires were sent by email.
- 51 questionnaires were returned and analysed.
- Likert pain scoring validated system were used.
  - On a scale of 0-3.
DEMOGRAPHICS

- Median age was 38yrs.

- Gender
  - Male 47%
  - Female 53%

- Median vein harvesting experience: 5 years.
RESULTS
HISTORY
Previous Sciatica

- Yes: 13 (25%)
- No: 38 (75%)
Risk Assessment Performed

- Yes: 84% (43)
- No: 16% (8)
INCIDENCE OF NECK PAIN DURING SURGICAL PROCEDURE
Intra-operative Neck Pain At 10 Mins

- Yes: 8 (16%)
- No: 43 (84%)

Intra-operative Neck Pain At 20 Mins

- Yes: 27 (53%)
- No: 24 (47%)

Intra-operative Neck Pain At 30 Mins

- Yes: 25 (49%)
- No: 26 (51%)
Intra-operative Likert Pain scoring (Neck)

- Score 0: 65% (33 cases)
- Score 1: 17% (9 cases)
- Score 2: 12% (6 cases)
- Score 3: 6% (3 cases)
INCIDENCE OF NECK PAIN
POST SURGERY
Post-operative Neck Pain At 10 Mins

- No: 32 (63%)
- Yes: 19 (37%)

Post-operative Neck Pain At 20 Mins

- No: 37 (73%)
- Yes: 14 (27%)

Post-operative Neck Pain At 30 Mins

- No: 34 (67%)
- Yes: 17 (33%)
INCIDENCE OF BACK PAIN
DURING SURGICAL PROCEDURE
Intra-operative Back Pain At 10 Mins

- No: 37 (74%)
- Yes: 13 (26%)

Intra-operative Back Pain At 20 Mins

- No: 33 (65%)
- Yes: 18 (35%)

Intra-operative Back Pain At 30 Mins

- No: 27 (54%)
- Yes: 23 (46%)
Likert Pain scoring (Back pain)

- 0: 27% (14 cases)
- 1: 18% (9 cases)
- 2: 45% (23 cases)
- 3: 10% (5 cases)
INCIDENCE OF BACK PAIN POST SURGERY
Post-operative Back Pain At 10 Mins

- Yes: 33 (66%)
- No: 17 (34%)

Post-operative Back Pain At 20 Mins

- Yes: 37 (73%)
- No: 14 (27%)

Post-operative Back Pain At 30 Mins

- Yes: 33 (66%)
- No: 17 (34%)
TREATMENT
Pain Medication Required

- Yes: 27 (53%)
- No: 24 (47%)
Neck and Back Pain Since Starting Job

- Yes: 34 (67%)
- No: 17 (33%)
INCIDENCE OF NECK AND BACK PAIN IS HIGH

- 70.6% intraoperatively
- 56.9% post surgery.
- Pain medication were taken by 52.9%.
- Regular physiotherapy sessions.

THIS STUDY ALSO HIGHLIGHTED THAT

- 97% pain caused due to the height of the table (low/high).
- Poor risk assessment before starting the job (8%).

SUGGESTION:

- Harvesting the vein from the opposite leg.
- Appropriate risk assessment using Ergonomics.
- Giving the practitioners regular break by expanding the workload: theatres, ward, clinics rather than only theatre based practitioners.
THANK YOU