

**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 an email.
- 51 questionnaires were returned and analysed.
- Likert pain scoring validated system were used.
 - On a scale of 0-3.



DEMOGRAPHICS

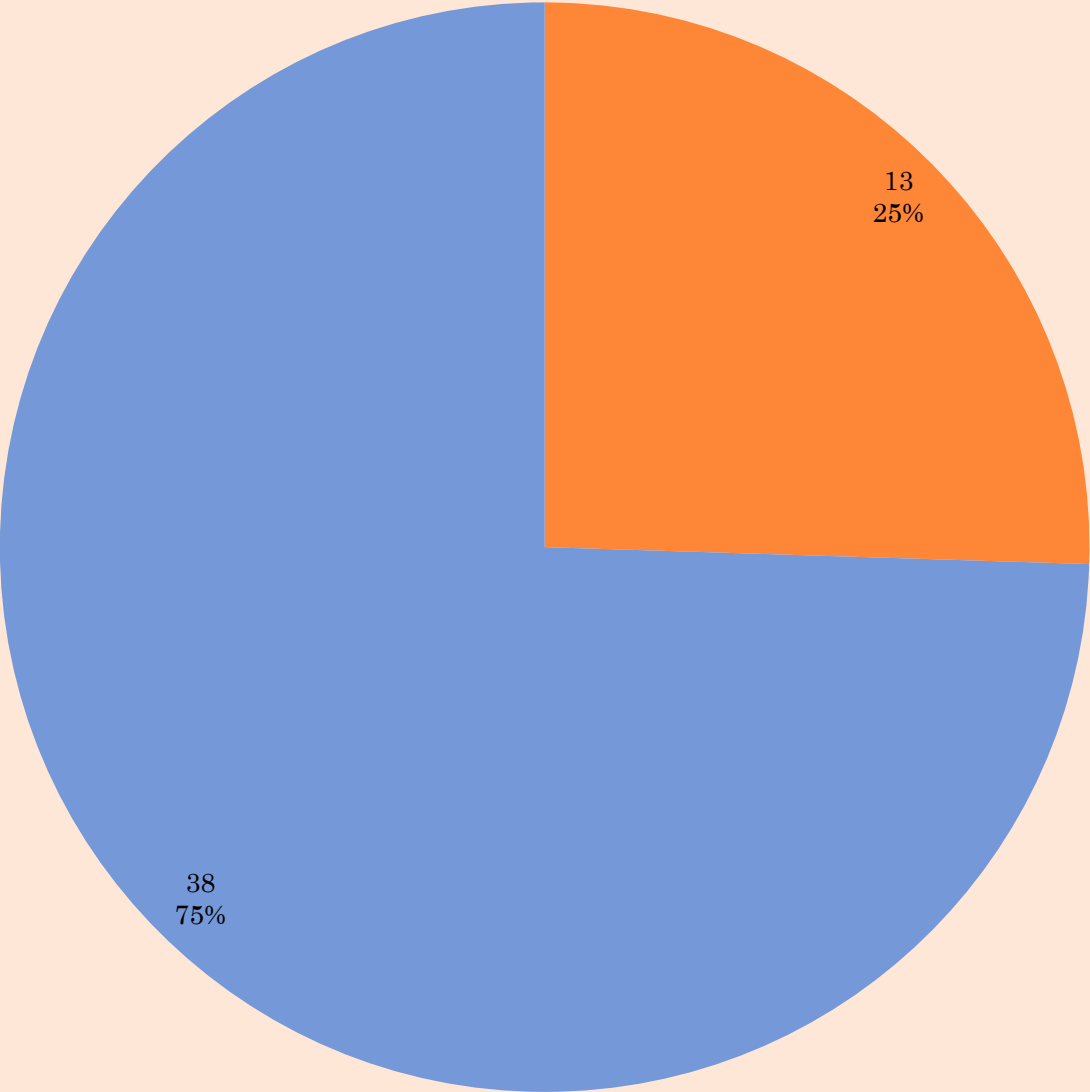
- Median age was 38yrs.
- Gender
 - Male 47%
 - Female 53%
- Median vein harvesting experience : 5 years.



RESULTS HISTORY



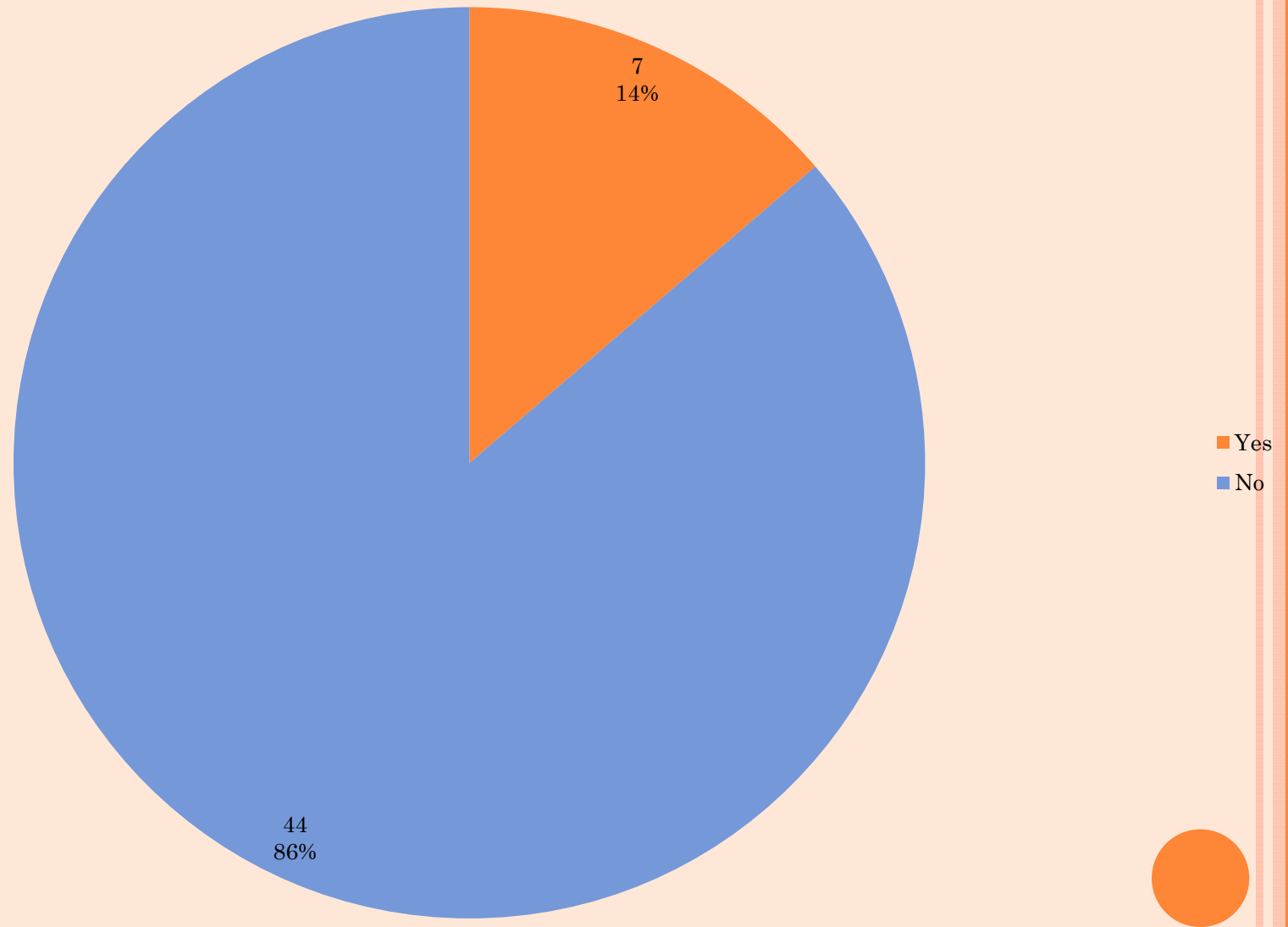
Previous Sciatica



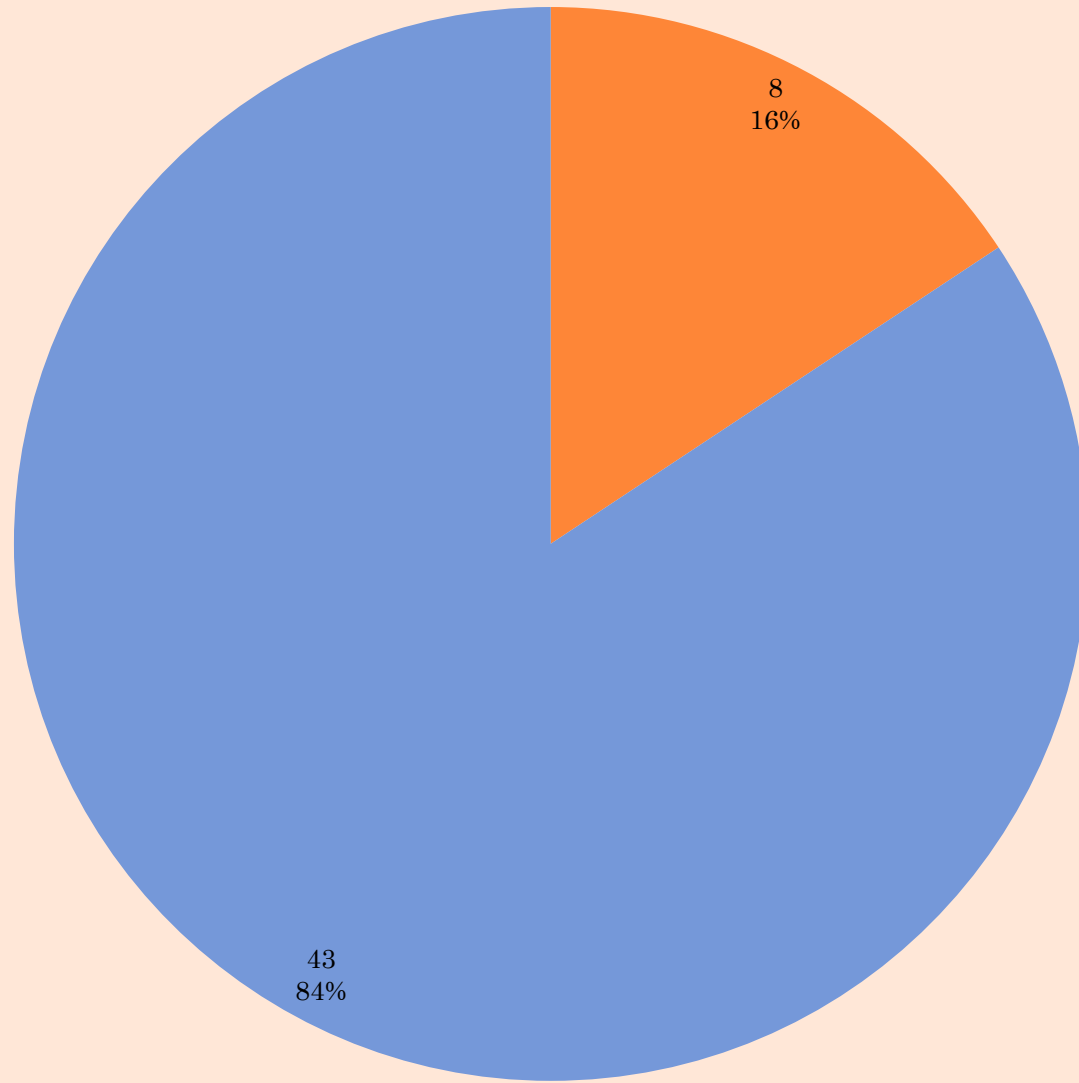
■ Yes
■ No



Previous Neck and Back Pain Before Starting Job



Risk Assessment Performed



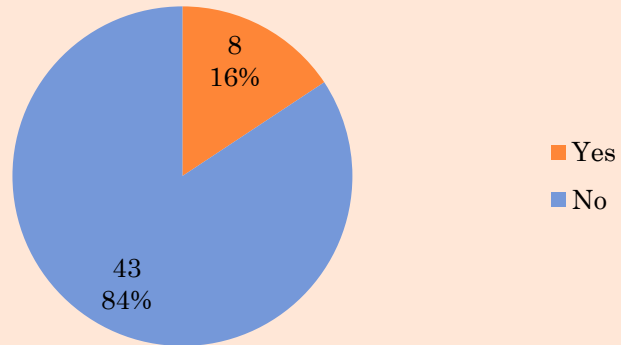
■ Yes
■ No



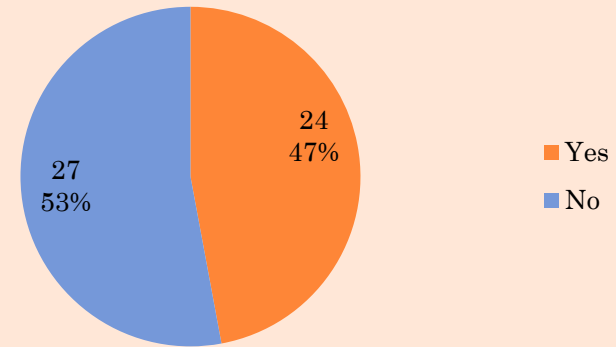
INCIDENCE OF NECK PAIN DURING SURGICAL PROCEDURE



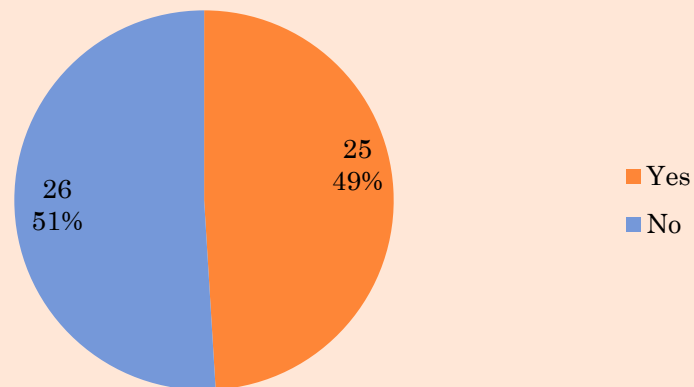
Intra-operative Neck Pain At 10 Mins



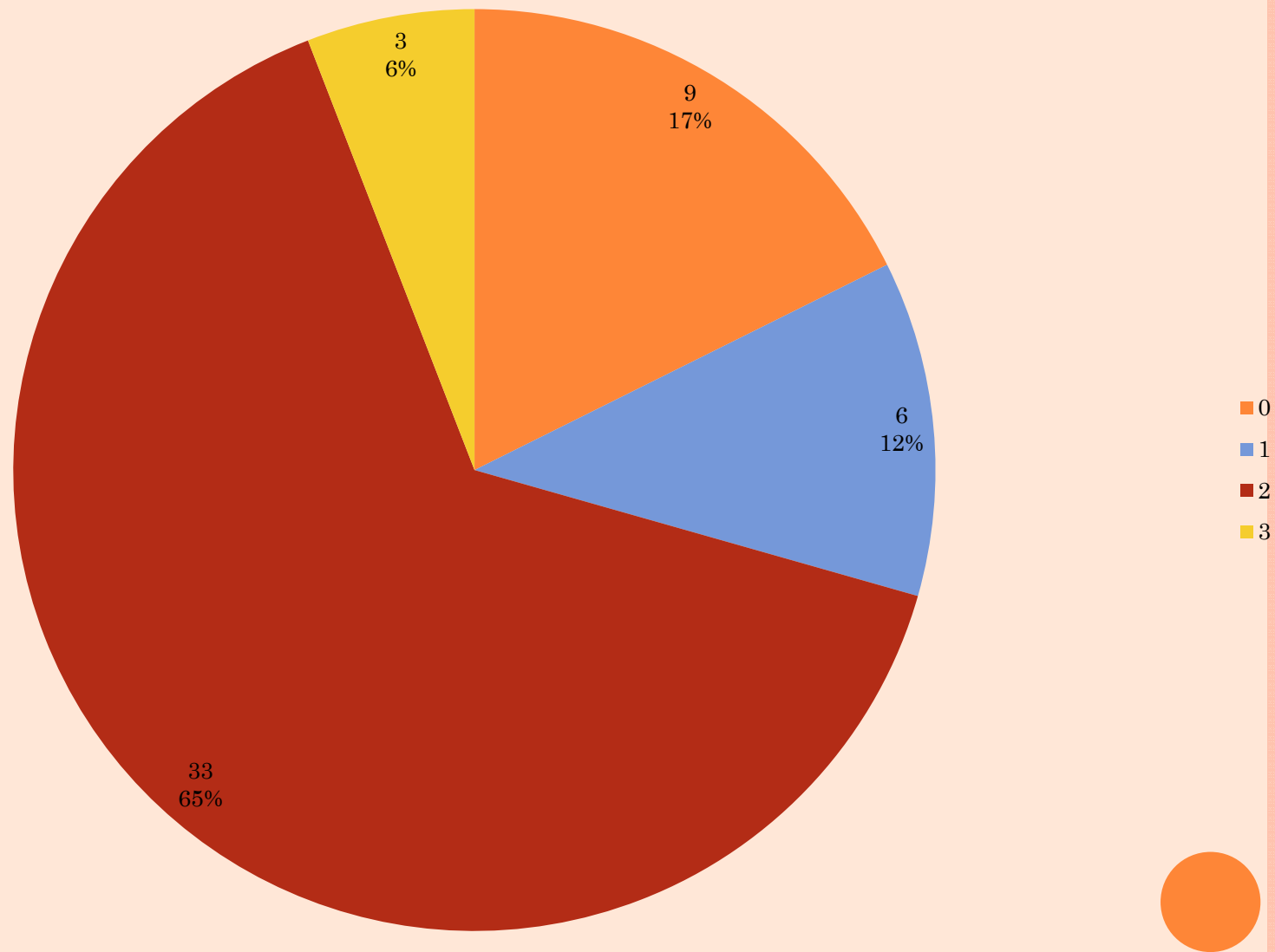
Intra-operative Neck Pain At 20 Mins



Intra-operative Neck Pain At 30 Mins



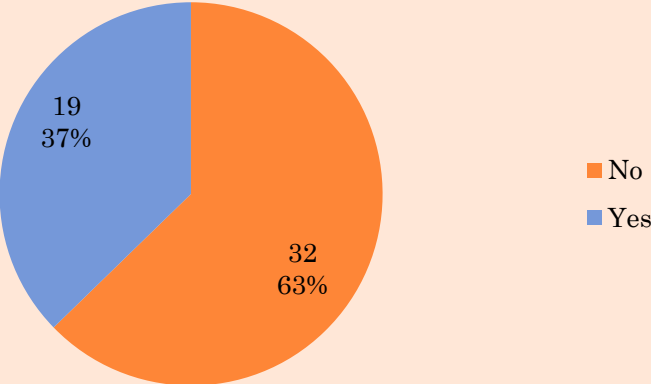
Intra-operative Likert Pain scoring (Neck)



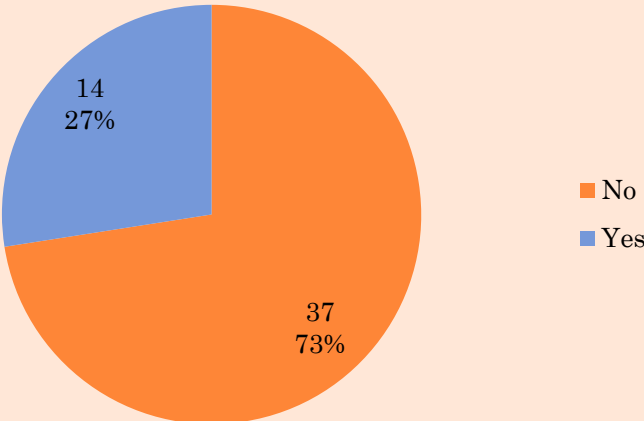
INCIDENCE OF NECK PAIN POST SURGERY



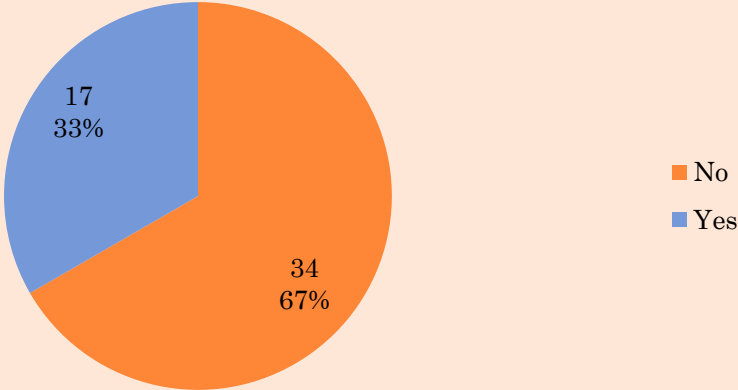
Post-operative Neck Pain At 10 Mins



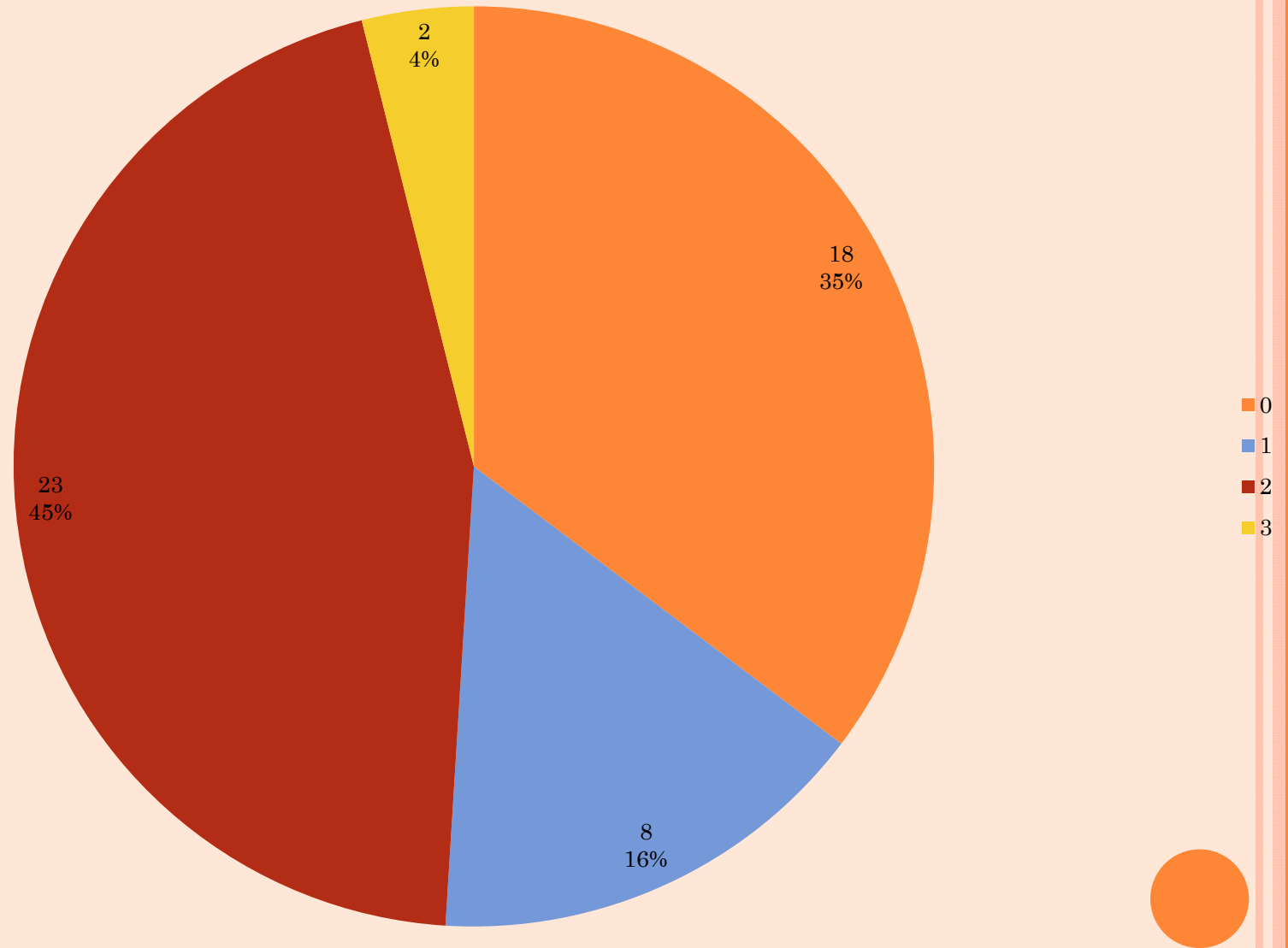
Post-operative Neck Pain At 20 Mins



Post-operative Neck Pain At 30 Mins



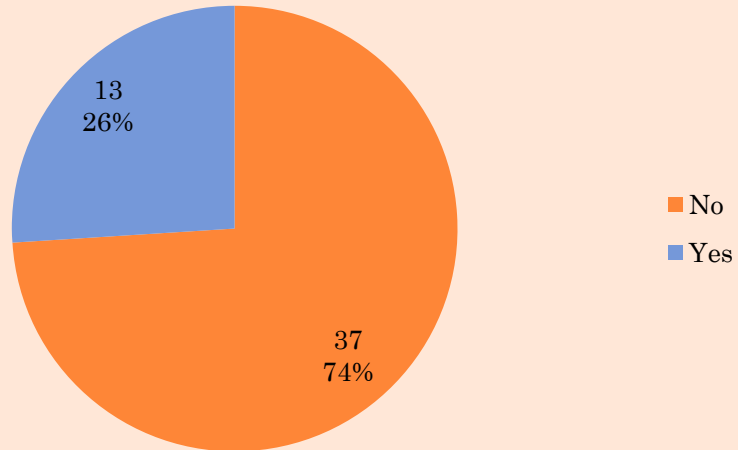
Post-operative Likert Pain Group (Neck)



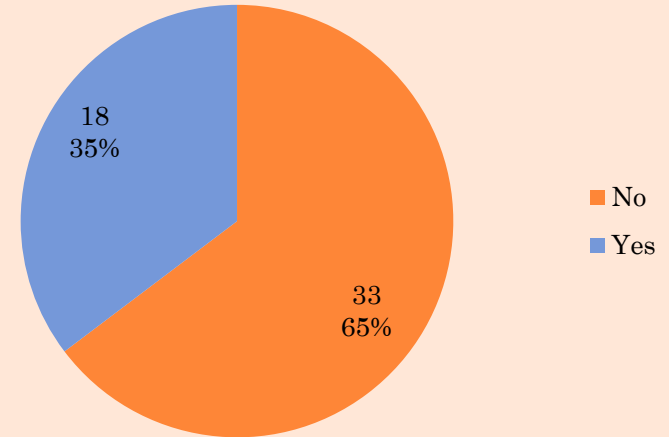
**INCIDENCE OF BACK PAIN
DURING SURGICAL PROCEDURE**



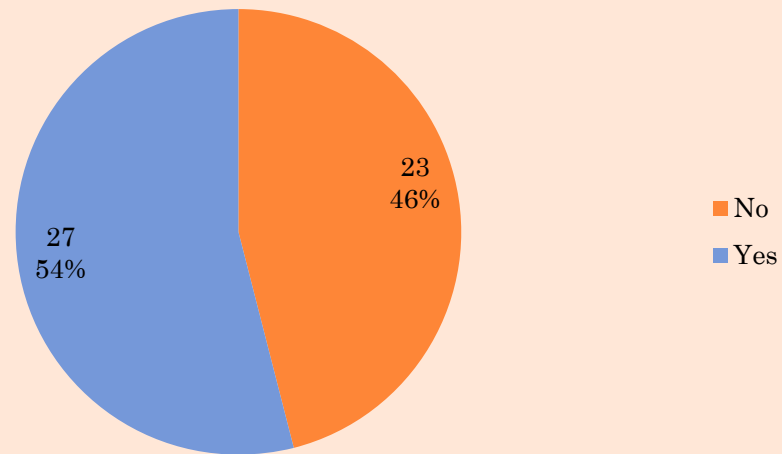
Intra-operative Back Pain At 10 Mins



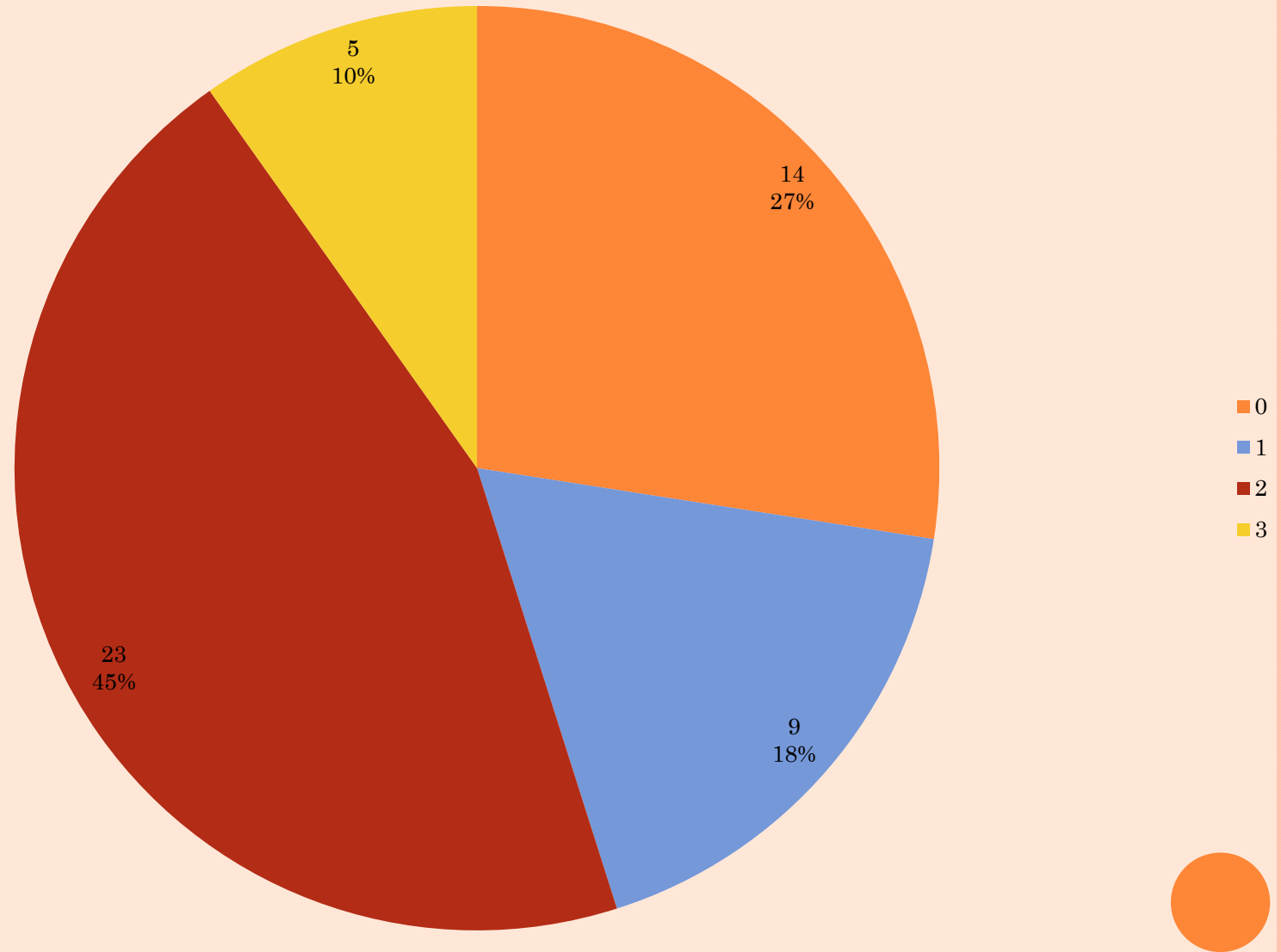
Intra-operative Back Pain At 20 Mins



Intra-operative Back Pain At 30 Mins



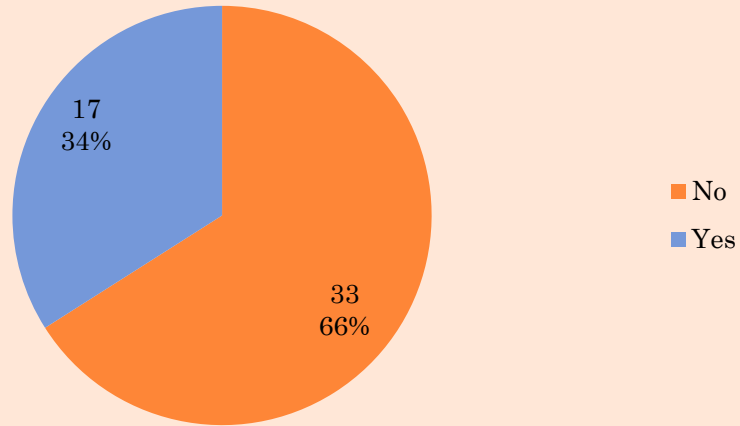
Likert Pain scoring (Back pain)



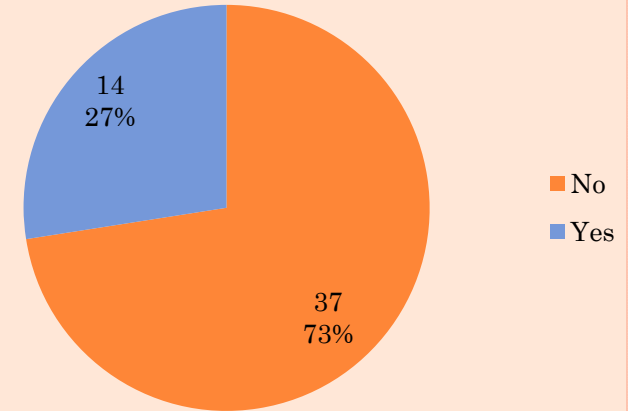
INCIDENCE OF BACK PAIN POST SURGERY



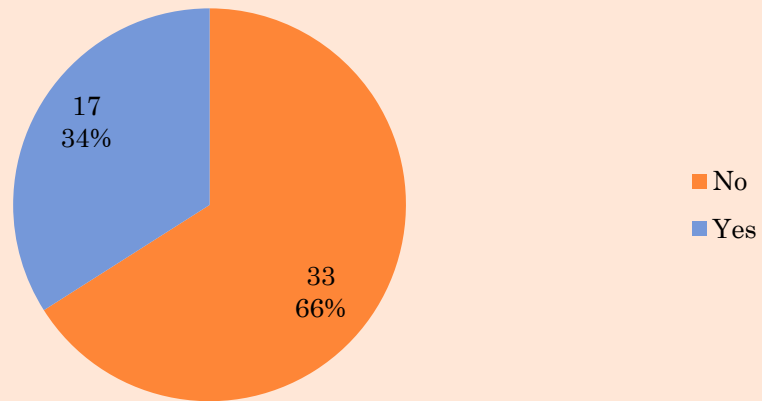
Post-operative Back Pain At 10 Mins



Post-operative Back Pain At 20 Mins



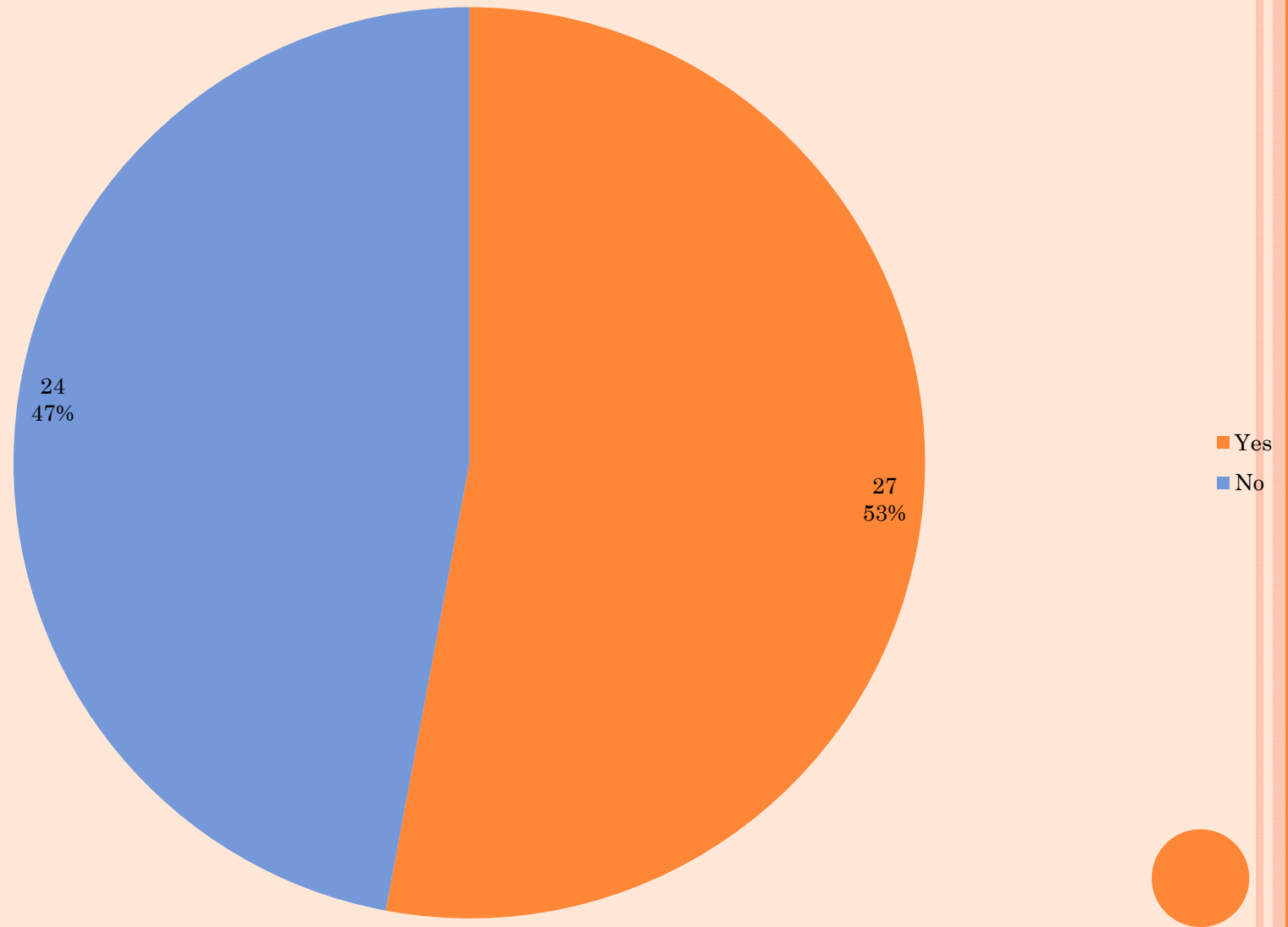
Post-operative Back Pain At 30 Mins



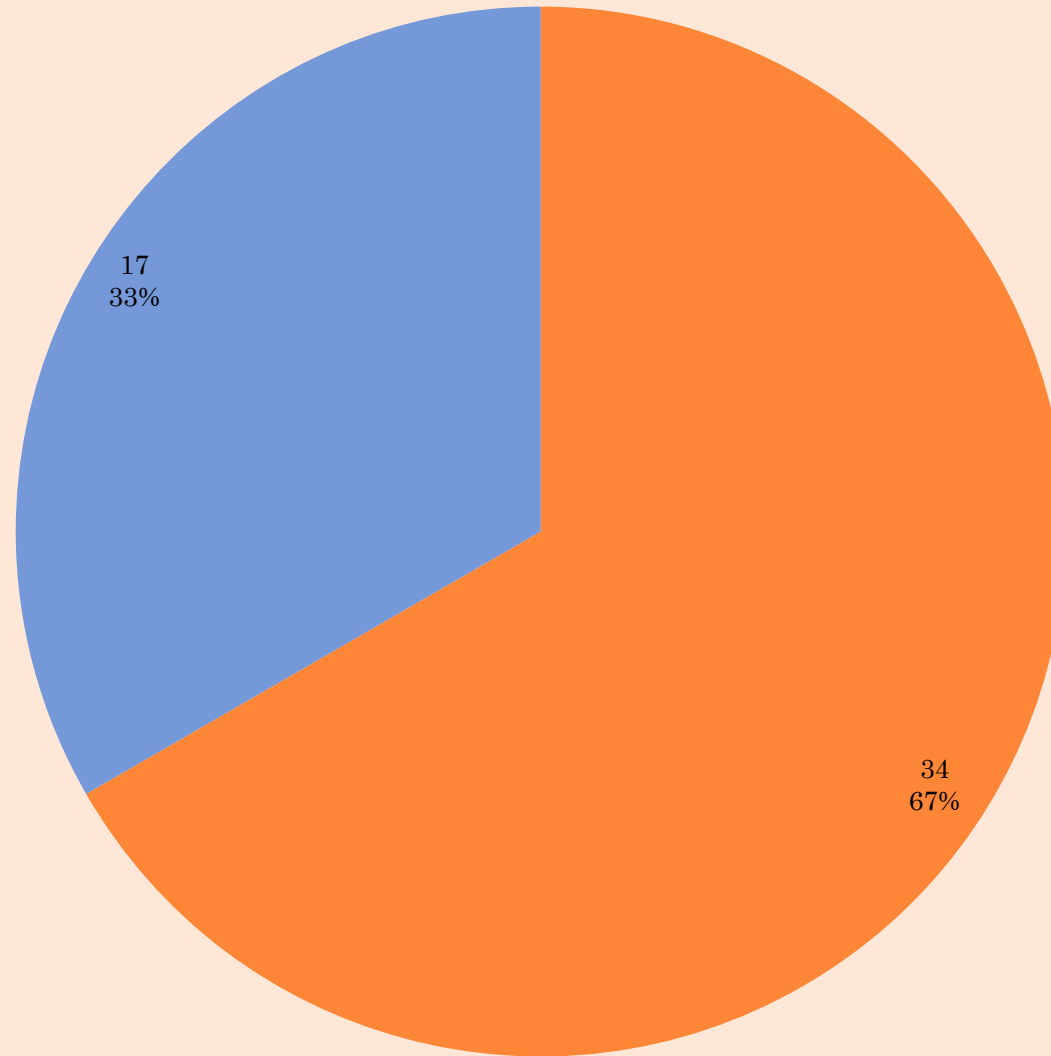
TREATMENT



Pain Medication Required



Neck and Back Pain Since Starting Job



■ Yes
■ No

CONCLUSION

- **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

