

The Risk Factors for Lumbar Disc Herniation in Mosul City

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ABSTRACT

Back ground and objectives: Lumbar disc herniation is one of the most important causes of lower back pain and is also one of the most important problems in orthopedic surgery in adults. The study aims to assessment the risk factors for lumbar disc herniation in the city of Mosul. **Material and methods:** - A retrospective study (a case control study) was conducted for a sample of adults consisting of (540) samples as all, divided into two groups of both sex (266) case and 274 control, aged between 20 years and 70 years old and above. This study was carried out in the following hospitals: Al-Gomhourri Educational Hospital, Al-Salam General Hospital, and Ibn Sina Medical Center in Mosul. It was conducted for a period of three months from the first of January 2014 till the first of April 2014. The validity of the content was determined by presenting expert questionnaire forms consisting of (17) experts. The data were analyzed by applying the descriptive analysis, which included (frequency distribution, percentage) and deductive statistical analysis, which included patients and the control sample. The internal stability of the questionnaire was applying the Cronbach alpha correlation coefficient .

Results:- A number of factors were found to be significantly more effective in patients with lumbar disc herniation: gender, age, Residency, family history, increased working hours, back pain during work, working with big effort, psychosocial impact, washing the clothes both way, washing the dishes on the ground increasing the number of children, not doing sports weekly,. eating in sitting position, carrying heavy objects more than 15 kilos, sitting for long periods. **Conclusion:** LDH is more common in male than female group in a ratio of 1.74:1.

The age group most affected with LDH is 40-49 years. LDH is more common in urban areas. BMI has direct effect on LDH especially persons who are with overweight. Married and primary persons have more groups affected with LDH. Family history plays a great role in existing the LDH (63.2%). and the comorbidity diseases (DM.HT) also contributed to the LDH. Employee persons, Average of time work 7-10 hrs., Satisfaction of time work some of them, Addition work out org. work, Rest time during the work some of them, suffering Back pain during work, need speed during work and working with big effort have high significant in role the study whereas enough time to complete the work not significant .

Recommendation: the study recommended the establishment of educational programs for the community through all the media and the inclusion of the subject of disease to nursing students and health institutions aimed to reduce the disease and the study recommended also to reduce weight, doing regular exercises and improve physical activities.

Keywords: Assessment, Risk factors, lumber, Disc herniation, Mosul city.

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