THE PREVALENCE OF LOW BACK PAIN ON PATIENTS' RADIOLOGICAL REPORTS

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ABSTRACT

Background: Low back pain is a pain felt at the lower dorsal part of the body and it is associated with increase in age of an individual. LBP has also been linked to several disorders of structures like ligaments, facet joint, vertebral periosteum, intervertebral disc, fascia and spinal nerve roots. Fractures, muscle spasms, and pressure on a weakened disc could also lead to LBP. It affects both men and women but prevalence is higher in women than men.
Aim: The aim of the study was to determine the prevalence of Low Back Pain on patients' radiological reports in a Radiology department of a Teaching Hospital in Ghana.
Methods: A quantitative and cross-sectional study design was used with a framework for the design based on radiological reports recorded. Convenient sampling was used to select 540 radiological reports of patients who were 18 years and above. Data was analyzed using SPSS version 18.0. Descriptive statistics of frequency distributions, bar charts and percentages were used to present the data collected.
Results: Females had a higher prevalence of 56% while males had 44% of the total population. The causes of LBP were categorised into Non Specific Cause, Nerve Root Affection and Possible Underlying Pathologies. Spondylosis which was a Non Specific Causes, was prevalent among all the other causes and was prevalent almost all the age groups. No pathologies were seen in 28.4% of patients who had Plain x-rays.
Conclusion: LBP was found to affect both men and women but more prevalent in women than men. Non Specific Cause of LBP was the prevalent cause and Spondylosis was most prevalent among the Non Specific Cause. It was also prevalent in all the age groups and in both sexes. MRI and PMCT appeared to be more diagnostic compared to Plain x-rays.

Keywords: Osteophytes, low back pain (LBP), Osteoarthritis, Spinal stenosis.