

[原著論文]

## 介護職員の腰痛の実態および移乗回数との関連

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Actual Situations of Low Back Pain and the Number of Patient Transfer Tasks among Care Workers

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**Abstract** — The purpose of this study was to clarify the actual situations of low back pain and the number of patient transfer tasks among care workers. The subjects were thirty-one care workers taken from a special nursing home for the elderly (SNH) and twenty-eight care workers taken from a nursing home for the physically handicapped (NHPH). The study was conducted using an anonymous self-administered questionnaire, between December 2005 and January 2006. The questionnaire consisted of items concerning subject characteristics, complaints of low back pain, past history and the causes of low back pain, etc. Also, the numbers of transfer tasks were measured, between December 2005 and January 2006. In the present study, the twenty four (77.4%) subjects in SNH and the twenty five (89.3%) subjects in NHPH had experienced low back pain in the past, and among the total subjects, fourteen (45.2%) in SNH and thirteen (46.4%) in NHPH complained that they presently were experiencing low back pain. For the actual situations of low back pain among the care workers in the last month, fifteen (48.4%) in SNH and fourteen (50.0%) in NHPH reported that they had low back pain. However, these findings were not considered significant for SNH and NHPH. A probable cause of this low back pain was mentioned as tasks like lifting users in both SNH and NHPH. The numbers of direct transfers was significantly greater in SNH than in NHPH for day of performing bathing care. Also, the numbers of direct transfers were significantly greater for bathing care day than without bathing care day in SNH. Care workers in SNH and NHPH should therefore be aware of low back pain. Further studies are also needed to clarify low back pain among care workers engaged in SNH and NHPH and to formulate future preventive measures against it.

**Key Words** — care workers, low back pain, number of transfers