



School of Health Professions

After Work Lectures

Prevention of chronic low back pain in female nurses

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Adjunct Professor at the University of Tampere, School of
Health Sciences

Wednesday, June 13th 2012, 6 - 7 p.m.

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Prevention of chronic low back pain in female nurses

Low back pain (LBP) is highly prevalent in nurses, and LBP related work disability increases with age. The future demographic development increases the average age of the working population in western countries. Prevention of LBP is important to reduce shortness of nursing staff in the near future.

Jaana Suni will introduce a currently conducted randomized controlled trial which aims at the prevention of LBP and related disability in female nurses. The aim of this study is to discover whether neuromuscular exercise and cognitive behavioral counseling are effective and economically feasible in reducing LBP and its' recurrence, and thus preventing chronic LBP, early retirement and disability pensions. The hypothesis is that the combination of neuromuscular exercise and counseling have a stronger influence on LBP, movement dysfunction and fear-avoidance behavior than either used alone. Assessments of effectiveness will be conducted after six, 12, and 24 months.

The UKK Institute's research and development projects generate information on the health benefits and promotion of physical activity. Jaana Suni has expertise in the assessment, monitoring and promotion of musculoskeletal fitness and health. The UKK Foundation's Board has representatives from the Ministry of Social Affairs and Health, the Ministry of Education, the City of Tampere and the University of Tampere.

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