

4 AIM AND OBJECTIVES

4.1 Aim:

- To assess the effect of integrated yoga on physical and psychosocial aspects among nursing professionals with chronic low back pain (CLBP) and to review the concept of Sciatica in Ayurveda perspective (Gridhrasi).

4.2 Objectives

1. To evaluate the efficacy of integrated Yoga on pain among nursing professionals with CLBP.
2. To evaluate the efficacy of integrated Yoga on functional disability among nursing professionals with CLBP.
3. To evaluate the efficacy of integrated yoga on perceived stress among nursing professionals with CLBP.
4. To evaluate the efficacy of integrated yoga on fear avoidance among nursing professionals with CLBP.
5. To evaluate the efficacy of integrated yoga on anxiety among nursing professionals with CLBP.
6. To evaluate the efficacy of integrated yoga on depression among nursing professionals with CLBP.
7. To evaluate the efficacy of integrated yoga on heart rate variability (HRV) in nursing professionals with CLBP.
8. To evaluate the efficacy of integrated yoga on quality of life (QoL) in nursing professionals with CLBP.
9. To compare the efficacy of integrated yoga with physical exercises in nursing professionals with CLBP.

Research Question

- Do Integrated yoga therapy is better than physical exercises among nursing professionals with chronic low back pain CLBP

Hypothesis:

- Integrated yoga therapy is better than physical exercises among nursing professionals with chronic low back pain CLBP

Alternate hypothesis

1. Integrated yoga therapy is having higher influence than physical exercises on pain among nursing professionals with CLBP.
2. Integrated yoga therapy is having higher influence than physical exercises on functional disability among nursing professionals with CLBP.
3. Integrated yoga therapy is having higher influence than physical exercises on perceived stress scale among nursing professionals with CLBP
4. Integrated yoga therapy is having higher influence than physical exercises on fear avoidance among nursing professionals with CLBP.
5. Integrated yoga therapy is having higher influence than physical exercises on anxiety among nursing professionals with CLBP.
6. Integrated yoga therapy is having higher influence than physical exercises on depression scale among nursing professionals with CLBP
7. Integrated yoga therapy is having higher influence than physical exercises on heart rate variability among nursing professionals with CLBP
8. Integrated yoga therapy is having higher influence than physical exercises on quality of life in nursing professionals with CLBP.

Null hypothesis:

- Integrated yoga therapy is not having higher influence than physical exercises on pain among nursing professionals with CLBP.

- Integrated yoga therapy is not having higher influence than physical exercises on functional disability among nursing professionals with CLBP.
- Integrated yoga therapy is not having higher influence than physical exercises on perceived stress scale among nursing professionals with CLBP.
- Integrated yoga therapy is not having higher influence than physical exercises on fear avoidance among nursing professionals with CLBP.
- Integrated yoga therapy is not having higher influence than physical exercises on anxiety among nursing professionals with CLBP.
- Integrated yoga therapy is not having higher influence than physical exercises on depression among nursing professionals with CLBP.
- Integrated yoga therapy is not having higher influence than physical exercises on heart rate variability among nursing professionals with CLBP.
- Integrated yoga therapy is not having higher influence than physical exercises on quality of life among nursing professionals with CLBP.

Relevance and benefits of the study:

Majority of LBP cases etiology is multifactorial; both individual and professional risk factors are involved in the genesis of LBP. The causal factors most directly related with occupational LBP are mechanical, postural, traumatic and psychosocial. Age, posture and fatigue at work contribute to the high percentage of LBP relapses. Working long hours, heavy duties, lifting weights, lack of physical exercise and psychological problems are some of the factors that contribute to low back becoming chronic. Occupational LBP has elevated incidence and prevalence. Low back pain causes workers to suffer and increases the costs of employers and healthcare systems (Helfenstein et al., 2010). The prevalence of LBP is very high in nursing professionals compare to other healthcare providers.

Eisenberg et al., showed that multidisciplinary approach is promising trend for treating patients with persistent LBP. So treatment approaches for back related pain can be multidimensional and include conventional care, CAM or both. Yoga is one of the multidimensional CAM which widely used across the globe (Meyer et al., 2012). In the present study we made an attempt to evaluate the specifically designed and validated integrated yoga therapy module in nursing professionals with CLBP.