

Poster Presentation

Management of Low Back Pain in Primary Healthcare Settings: Physician's Knowledge and Practices Based on Red Flags of Low Back Pain in Jazan Region – A Cross-sectional Study

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Introduction

This study assessed the primary healthcare physicians' knowledge and practices toward the red flags of low back pain (LBP) and factors associated with awareness.

Methodology

This cross-sectional study was conducted between October 2020 and June 2021 in primary healthcare (PHC) settings in Jazan, Kingdom of Saudi Arabia. Questionnaires were electronically distributed among 261 primary physicians with a 96.1% response rate.

Result

Of the 261 physicians included, 56% were male, 49.4% were aged between 35 and 44 years, and 76.9% were non-Saudi. Moreover, 49% of the physicians had one to nine years of experience and 33.1% indicated that they deal with >30 patients with back pain per month. Furthermore, it was found that 86.9% of the participants were aware of the overall red flags of LBP. Job category and the number of cases were significant factors of perceived awareness. The highest level of self-reported awareness was among consultants. The rate of referral patients with nonspecific back pain was highest among general practitioners. More than 95% of the participants would refer patients to hospital if they noticed the presence of red flags for LBP.

Conclusion

Awareness of physicians practicing in PHCs through the red flags of LBP in Jazan is good, and recognition of the need for the referral of a patient with suspected critical illness is good as well.

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