

# Low Back Pain in Out-door Patient at the Department of Neurology at Gabriel Touré Teaching Hospital in Bamako: Longitudinal, Descriptive and Prospective Study about 120 Patients

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## Data collection and analysis

A survey questionnaire has been used to collect data on socio-demographic parameters age, gender, medical history, clinical and paraclinical signs and patients' evolution under treatment. The text and tables were made in Microsoft Word 2007 and the graphics in Microsoft Excel. Data were compiled, typed and analyzed with SPSS 12.0. We used Pearson correlation chi square to compare the proportions for statistical significance.

## Results

### Characteristics of the study population

The hospital frequency of lumbago was 9.94% 12/120 with a sex ratio of 1.4 for female. The average age was 49.5 y.o with the extremes of 20 and 79 y.o (Table 1). About 73.3% of the patients were inactive. The back pain was acute or subacute in 19% and chronic in 88.8% of patients.

### Therapeutic itinerary of patients

Whereas 30.84% of patients mentioned a neurological dysfunction as cause of their pain, 23.32% had no clue at all. Using the Dallas score, patients had a negative impact of the pain on average in 70.7% on their daily activities, 49.58% on work and hobbies, 47.68% on socialization due to anxiety and depression (Table 2).

Patients consulted a physician in 72.5% resulting in non steroid anti-inflammatory drug prescription in 45% while 18.3% were self-medicating and 25.8% were seeing traditional healers with or without drug treatment. Primary physicians were asked for care in 45% of the cases. The average duration for care was 215 days. Back pain resulted in sleep disturbances in 35%, work difficulties in 32% and sexual dysfunction in 20% of the patients.

### Efficacy of care

We have observed after four weeks of drug treatment and functional kinesitherapy as per our treatment regimen that patients were relieved completely in 50%, significantly in 20%, moderately in 15% and slightly in 8%. Patients reported no relief in 5% and pain.

## Direct and indirect costs

Patients stopped working for an average of 12 days due to the pain. Patients spent 10 495.97 FCFA e.g. €16.02 as consultation fee, 50 463.33 FCFA e.g. €77.04 and 162 592.79 FCFA e.g. €248.23 in prescription drugs adding up to a total of 223 551.79 FCFA e.g. €341.29 per year to care for lumbago (Table 3).

## Discussion

In this study, we aimed at determining the prevalence of lumbago,

