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Implementing yoga into the management of patients with refractory low back pain in an outpatient clinic setting

Karen M Lewis

Western Carolina University, USA

Purpose: To evaluate the effectiveness of implementing yoga into the treatment of patients with chronic low back pain.

Design: Quantitative analysis with opportunity for qualitative feedback.

Method: Effectiveness of this complementary treatment was assessed using a pre-test/ post-test design of patients who volunteered to participate in yoga classes as part of their back pain management. Measurements included low back pain rating, perception of back pain interference with daily activities, and self-efficacy in dealing with chronic low back pain.

Findings: Although no statistically significant findings were found due to the small sample size, most participants demonstrated improved individual scores on all measurement surveys including qualitative comments.

Conclusion: Based upon the findings of these pilot study further studies on implementing yoga into the treatment of chronic low back pain are encouraged.

kmlewis@wcu.edu

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