PREVALENCE OF LOW BACK PAIN AND ITS AFFECT ON EVERYDAY LIFE AMONG FEMALE CAREGivers OF CHILDREN WITH CEREBRAL PALSY

By

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Statement of Authorship

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No other person’s work has been used without due acknowledgement in the main text of the thesis.

This thesis has not been submitted for the award of any other degree or diploma in any other tertiary institution.

The ethical issues of the study has been strictly considered and protected. In case of dissemination of the findings of this project for future publication, it will be duly acknowledged as undergraduate thesis.

Signature: _______________________ Date: ___________________

(Fatema Khanam)

4th year, B.Sc. in Occupational Therapy
Dedication

The most honorable, influential and beloved persons in the way of my life

My Parents, Grandparents, Husband

&

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# Table of Content

<table>
<thead>
<tr>
<th>Topics</th>
<th>Page no.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Title page</td>
<td>I</td>
</tr>
<tr>
<td>Approval page</td>
<td>II</td>
</tr>
<tr>
<td>Statement of authorship</td>
<td>III</td>
</tr>
<tr>
<td>Dedication</td>
<td>IV</td>
</tr>
<tr>
<td>Acknowledgement</td>
<td>V</td>
</tr>
<tr>
<td>Table of content</td>
<td>VI-VII</td>
</tr>
<tr>
<td>List of tables</td>
<td>VIII</td>
</tr>
<tr>
<td>List of annex</td>
<td>IX</td>
</tr>
<tr>
<td>List of acronyms</td>
<td>X</td>
</tr>
<tr>
<td>Abstract</td>
<td>XI</td>
</tr>
<tr>
<td><strong>CHAPTER ONE: INTRODUCTION</strong></td>
<td>1-6</td>
</tr>
<tr>
<td>1.1 Introduction</td>
<td>1-2</td>
</tr>
<tr>
<td>1.2 Background of the study</td>
<td>2-5</td>
</tr>
<tr>
<td>1.3 Significance of the study</td>
<td>5</td>
</tr>
<tr>
<td>1.4 Aim of the study</td>
<td>5</td>
</tr>
<tr>
<td>1.5 Objectives of the study</td>
<td>6</td>
</tr>
<tr>
<td><strong>CHAPTER TWO: LITERATURE REVIEW</strong></td>
<td>7-15</td>
</tr>
<tr>
<td>2.1 Low back pain</td>
<td>7</td>
</tr>
<tr>
<td>2.2 Types of low back pain</td>
<td>8</td>
</tr>
<tr>
<td>2.2.1 Acute low back pain</td>
<td>8</td>
</tr>
<tr>
<td>2.2.2 Chronic low back pain</td>
<td>8</td>
</tr>
<tr>
<td>2.3 Demographic factors</td>
<td>8-9</td>
</tr>
<tr>
<td>2.3.1 Age</td>
<td>8</td>
</tr>
<tr>
<td>2.3.2 Sex</td>
<td>8</td>
</tr>
<tr>
<td>2.3.3 Weight</td>
<td>9</td>
</tr>
<tr>
<td>2.3.4 Area of residence</td>
<td>9</td>
</tr>
<tr>
<td>2.3.5 Marital status</td>
<td>9</td>
</tr>
<tr>
<td>2.3.6 Educational status</td>
<td>9</td>
</tr>
<tr>
<td>2.3.7 Occupation</td>
<td>9</td>
</tr>
<tr>
<td>2.3.8 Income level</td>
<td>9</td>
</tr>
<tr>
<td>2.3.9 Child care tasks</td>
<td>9</td>
</tr>
<tr>
<td>2.3.10 Household</td>
<td>9</td>
</tr>
<tr>
<td>2.4 Cerebral palsy</td>
<td>10</td>
</tr>
<tr>
<td>2.5 Type of cerebral palsy</td>
<td>10-13</td>
</tr>
<tr>
<td>2.4.11.1 According to the parts of the body affected</td>
<td>10-11</td>
</tr>
<tr>
<td>2.4.11.1.1 Monoplegia</td>
<td>10</td>
</tr>
<tr>
<td>2.4.11.1.2 Diplegia</td>
<td>10</td>
</tr>
<tr>
<td>2.4.11.1.3 Hemiplegia</td>
<td>11</td>
</tr>
<tr>
<td>2.4.11.1.4 Paraplegia</td>
<td>11</td>
</tr>
<tr>
<td>2.4.11.1.5 Triplegia</td>
<td>11</td>
</tr>
<tr>
<td>2.4.11.1.6 Quadriplegia</td>
<td>11</td>
</tr>
<tr>
<td>2.4.11.2 According to the quality of child’s postural tone</td>
<td>11-13</td>
</tr>
<tr>
<td>2.4.11.2.1 Spastic</td>
<td>11-12</td>
</tr>
<tr>
<td>2.4.11.2.2 Flaccid</td>
<td>12</td>
</tr>
<tr>
<td>Serial no.</td>
<td>Title of the table</td>
</tr>
<tr>
<td>-----------</td>
<td>----------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>1</td>
<td>Table-1: Definitions of demographic variables used in this study</td>
</tr>
<tr>
<td>2</td>
<td>Table-2: Demographic information of female caregivers and children with cerebral palsy</td>
</tr>
<tr>
<td>3</td>
<td>Table-3.1: Prevalence of LBP of the last 12 months of female caregivers</td>
</tr>
<tr>
<td>4</td>
<td>Table-3.2: Prevalence of LBP of the last 12 months of female caregivers with confidence interval</td>
</tr>
<tr>
<td>5</td>
<td>Table-4: Association between LBP of the last 12 months and demographic variables of female caregivers</td>
</tr>
<tr>
<td>6</td>
<td>Table-5: Levels of physical disability among female caregivers to manage in everyday life due to LBP</td>
</tr>
</tbody>
</table>
# List of Annex

<table>
<thead>
<tr>
<th>Serial no.</th>
<th>Title of the annex</th>
<th>Page no.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Annex A: Permission from BHPI</td>
<td>i</td>
</tr>
<tr>
<td>2</td>
<td>Annex B: Permission from Paediatric Unit</td>
<td>ii</td>
</tr>
<tr>
<td>3</td>
<td>Annex C (a): Screening Form in Bengali</td>
<td>iii</td>
</tr>
<tr>
<td>4</td>
<td>Annex C (b): Screening Form in English</td>
<td>iv</td>
</tr>
<tr>
<td>5</td>
<td>Annex D (a): Information Sheet and Consent Form in Bengali</td>
<td>v-vi</td>
</tr>
<tr>
<td>6</td>
<td>Annex D (b): Information Sheet and Consent Form in English</td>
<td>vii-viii</td>
</tr>
<tr>
<td>7</td>
<td>Annex E: Permission of using the Oswestry Disability Index version 2.1a</td>
<td>ix</td>
</tr>
<tr>
<td>8</td>
<td>Annex F: Scoring procedure of the Oswestry Disability Index version 2.1a</td>
<td>x</td>
</tr>
<tr>
<td>9</td>
<td>Annex G: Interpretation of high and low scores of the Oswestry Disability Index version 2.1a</td>
<td>xi</td>
</tr>
<tr>
<td>10</td>
<td>Annex H: Guidelines to fill up the Oswestry Disability Index (ODI) version 2.1a and the ODI version 2.1a</td>
<td>xii-xiv</td>
</tr>
<tr>
<td>11</td>
<td>Annex I (a): Survey Questionnaire in Bengali</td>
<td>xv-xviii</td>
</tr>
<tr>
<td>12</td>
<td>Annex I (b): Survey Questionnaire in English</td>
<td>xix-xxii</td>
</tr>
<tr>
<td>Acronym</td>
<td>Description</td>
<td></td>
</tr>
<tr>
<td>---------</td>
<td>-------------</td>
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</tr>
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<td>BDT</td>
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<td>BHPI</td>
<td>Bangladesh Health Professions Institute</td>
<td></td>
</tr>
<tr>
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<td>Bangladesh Institute of Health Sciences</td>
<td></td>
</tr>
<tr>
<td>BOTA</td>
<td>Bangladesh Occupational Therapy Association</td>
<td></td>
</tr>
<tr>
<td>CP</td>
<td>Cerebral palsy</td>
<td></td>
</tr>
<tr>
<td>CRP</td>
<td>Centre for the Rehabilitation of the Paralyzed</td>
<td></td>
</tr>
<tr>
<td>HSC</td>
<td>Higher School Certificate</td>
<td></td>
</tr>
<tr>
<td>LBP</td>
<td>Low Back Pain</td>
<td></td>
</tr>
<tr>
<td>MD</td>
<td>Muscular Dystrophy</td>
<td></td>
</tr>
<tr>
<td>NGO</td>
<td>Non-government Organization</td>
<td></td>
</tr>
<tr>
<td>ODI</td>
<td>Oswestry Disability Index</td>
<td></td>
</tr>
<tr>
<td>OT</td>
<td>Occupational Therapy</td>
<td></td>
</tr>
<tr>
<td>SPSS</td>
<td>Statistical Package for the Social Sciences</td>
<td></td>
</tr>
<tr>
<td>SSC</td>
<td>Secondary School Certificate</td>
<td></td>
</tr>
<tr>
<td>UK</td>
<td>United Kingdom</td>
<td></td>
</tr>
<tr>
<td>US</td>
<td>United States</td>
<td></td>
</tr>
<tr>
<td>USA</td>
<td>United States of America</td>
<td></td>
</tr>
<tr>
<td>WHO</td>
<td>World Health Organization</td>
<td></td>
</tr>
</tbody>
</table>
Research title: Prevalence of low back pain and its affect on everyday life among female caregivers of children with cerebral palsy.

Aim: To find out the prevalence of low back pain among female caregivers of children with cerebral palsy and how it affects the ability of female caregivers to manage in everyday life.

Objectives: The objectives of the study are to estimate the prevalence of low back pain of the last 12 months among female caregivers of children with cerebral palsy, to find out the association between low back pain of the last 12 months and demographic variables and to find out the levels of physical disability of the female caregivers to manage in everyday life due to low back pain.

Methods: Cross sectional design was selected to conduct this research. In this study, one question was used to estimate the prevalence of low back pain (LBP) among female caregivers of children with cerebral palsy, some demographic variables had been chosen to show association with LBP of the last 12 months and the Oswestry Disability Index (ODI) version 2.1a was used to determine the levels of physical disability of the female caregivers to manage in everyday life due to LBP. Study sample was selected in comprehensive way.

Key words: Low back pain, Demographic factors, Caregiver, Children with cerebral palsy, Impact of low back pain in everyday life of caregivers, Occupational Therapy and low back pain.
Chapter One: Introduction

Low back pain (LBP) is well recognized to be an enormous general health problem [1] and is the leading cause of activity limitation throughout much of the world [2]. LBP is a major problem all over the world [3], especially in low and middle income countries [4]. LBP causes a massive financial burden on individuals, families, communities, industry and governments including the costs of medical care, compensation payment, productivity loss, employee retraining, administrative expenses and litigation [5].

In a report of the World Health Organization (WHO) in 2003, it was found that about 80% of people have LBP at some time in their life [6]. In a study, it was found that most of the patients were housewives 58.8%, then government service holders (19.6%), businessmen (10.8%), laborers (6.9%), private service holders (2.9%) and retired serviceman (1%) [7]. In another study, it was found that the most common occurrence of LBP was present among garment workers in comparison with teachers [8]. In comparison based on gender, LBP is most prevalent among females [3] and they suffer from LBP earlier than males [7]. Beside this, another study discussed that parenthood of a child with a disability is a proven risk factor for back problems in cases of both males and females [9]. As well, the prevalence of LBP is higher in adult female primary caregivers of children with physical disabilities than adult female primary caregivers of children who have non-physically disabiling medical illnesses [10].

Mobarak et al. quoted Beresford and McConachie’s work in their research [11] that disability in a child affects both the child’s and family’s lives. Women have to manage both household work and child care according to cultural demands [12]. This household work includes routine and compulsory maintenance tasks (cleaning, cooking, purchasing etc.) which require considerable physical labour [13] and care for a child with physical disability presents risk in relation to providing physical assistance to the child [14]. As well, LBP is the most common musculoskeletal disorder related to caring for children [15].
LBP is an integral part of most human lives which causes different degrees of suffering and disability [8]. Chronic LBP is the second cause of disability [16] and disability affects about one quarter of adults in any 1 year period [17]. Smeets et al. quoted van Tulder et al. and Meerding et al.’s work in their research [18] that chronic LBP and the resulting functional limitations have turned into an epidemic health and socioeconomic problem. Alongside, persons with LBP often report impaired ability to perform daily activities as an impact of pain that can be expressed as a persons’ level of disability and they are less physically active [19].

1.1 Background of the study

Back pain has shown to be an significant cause of disability [20]. Back disorders have been known as a major cause of sickness, absence from work and disability among many occupational populations for several decades [21]. Tong et al. discussed Anderson’s work in their research [10] that approximately 1% (2.4 million) of the population is chronically disabled and another 1% is temporarily disabled by low back pain (LBP) in the US. In a study, it was found that there are few studies on LBP in domestic setting mainly in caregiving setting of motherhood [22]. In addition, caregiver burden has been shown to be a significant problem and its relationship to stress, depression and social isolation has shown in many studies as well as evaluating the physical aspect of caregiver burden has shown in few studies.

The prevalence of back pain among health professionals and nurses has been extensively studied in their occupational setting [23]. Tong et al. discussed Anderson’s work in their research [10] that the lifetime prevalence of LBP exceeds 70% and the 1 year prevalence rate is 25%~45% [24]. In comparison with gender, it is noticed that women have a higher prevalence of low back disorders than men [25]. In the Swedish working population, the prevalence figure for LBP is 16.4% in women and 12% in men [26]. In a study, it was found that the prevalence of LBP with parenthood has been evaluated in two studies that the first study shows the results of a higher prevalence of LBP when the civil servant had a greater number of children [27] and the second study primarily looked for occupational-related risk factors of LBP in aircraft assemblers which shows the results of self-reported work impairment [28]. In another study, it was found that the prevalence of LBP in mothers who are caregivers to their own disabled children has been evaluated in few studies [29]. Similarly, Tong
et al. found that the prevalence of having LBP (71.1%) in adult female primary caregivers of children with physical disabilities who need assistance with transfers as for example moving from a bed to a wheelchair is higher than the prevalence (43.5%) in adult female primary caregivers of children with non-disabling medical illnesses [10].

LBP is a common cause of disability and financial loss [21]. The estimation of direct health care expenditure for back pain was $90.7 billion in the USA [30], the estimation of direct and indirect expenditure for LBP was £11 billion in the UK [31] and $9.17 billion in Australia [32].

Tong et al. discussed Snook’s work in their research [10] that the risk factors for LBP have been extensively studied in the occupational setting as in nursing [33] and industry [34]. Muto et al. discussed Taoda’s work in their research [35] about considering demographic and ergonomic factors [36] which are associated with LBP. Both physical factors and psychological factors are associated with LBP in adult female caregivers [10]. The physical factors including forward bending, rotating, lifting and techniques used during lifting, carrying, the intensity of the load on the spine and related muscles during dynamic and static postures, pulling and pushing during bathroom activities, dressing, transferring, feeding; while caring for children with disabilities are all which increase stress on the musculoskeletal structures of the back [29]. In addition, the psychosocial factors including stress, sex and personality are all important factors that affect LBP. In Bangladesh, it is found that a high proportion of mothers of children with cerebral palsy (CP) suffer from stress [11]. Besides, it has been found that the number of housework hours, the number of children in the household, housework related fatigue and stress, repetitive movements and awkward positions during housework were all significantly associated with musculoskeletal pain [37]. Along with, a greater number of children was associated with increased LBP in both women and men [38].

Sanders acknowledged Primeau (1992), Esdaile and Olson, Hochschild and Pirie, Herman’s work in his research [15] that parents acting as a primary caregivers, mainly mothers, have to do routine multitasking to take care of children while performing daily household tasks. Along with this, mothers caring for a disabled child experience more adverse physical and mental outcomes than those caring for a child without
disability [39]. As children with CP have shown evidence of impaired motor function, sensory and intellectual impairments and limitations in self-care functions such as feeding, dressing, bathing and mobility, this long term dependency can place strain on the caregivers [40]. As well, the physical overloading of the mothers during repeated activities including lifting, transferring, carrying, pushing for self-care activities increases with the increased functional dependencies of disabled children [29]. Effects in caregivers can be assessed in terms of burden or well-being [41, 42]. The caregivers’ general well-being may be affected such as having interruption of daily activities, social isolation and adverse financial consequences [43]. In a study, it is found that caring for those with neurological disorders requires tireless effort, energy, empathy which definitely and greatly impacts the daily lives of caregivers [44]. In addition, while caregivers struggle to balance work, family and care giving, there are physical, social, emotional and financial impacts of care giving. As well, disability adversely affects not only the child, but the entire family and the distress caused to the parents may result in an adverse effect on their routine activities and interpersonal relationship [45]. In relation to this, caregivers’ emotional and physical health is important not only for their own, but also that of the person cared for [44]. Moreover, parental distress and disruption of family functioning hampers child’s cognitive, behavioral and social development [46].

Mobarak et al. discussed Khan and Durkin’s work in their research [11] that most of the children with disabilities are in developing countries. In addition, the prevalence of disability in case of children whose age is 2-9 years was estimated to be 70 per 1000 for all grades of severity and 22 per 1000 for serious disability of both urban and rural populations in Bangladesh. In a study, it is found that the prevalence of CP is 6 per 1000 children in Bangladesh and the prevalence of CP is high in the communities of Bangladesh [47]. In addition, the prevalence of spastic quadriplegia is more (2.2 per 1000 children) in comparison with other types of CP in Bangladesh. Due to the social and cultural structures particularly in Turkey, mothers usually provide the care to disabled children and also they do not get assistant to care their children because of their poor economic status [48]. Although there is no research, it is assumed that mothers are primarily responsible for taking care their child in Bangladesh. Women are more prone to develop musculoskeletal symptoms due to gender-linked biological factors like hormones or physiology due to work and family demands [49]. In a study,
it is noted that there is a relationship between care giving and back pain [10]. However, there is no study in Bangladesh regarding this. According to the discussion of literature, it is noticed that female caregivers are more vulnerable in relation with back pain. A search of the literatures reveals no study specifically evaluating the prevalence of chronic LBP in female caregivers of children with CP and its affect on their everyday life in Bangladesh. Therefore, there is the gap and it generates the necessity to conduct this study to address the prevalence of LBP among female caregivers and its affect on their everyday life.

1.2 Significance of the study

There are very few studies regarding low back pain (LBP) among female caregivers of children with disability and factors associated with LBP. Regarding this, there is no study in Bangladesh. Therefore, the study is an initiative to estimate the prevalence of LBP among female caregivers of children with cerebral palsy (CP), to find out demographic factors associated with LBP and to identify the levels of physical disability of the female caregivers to manage in everyday life due to LBP.

LBP among parents or caregivers not only impairs their day to day life, but also negatively impairs on parents and caregivers’ ability to care for their disabled children who may depend on parental assistance to perform daily activities [14]. Moreover, parents assume a very important role in the child’s rehabilitation process [50]. Therefore, it is very important to conduct this study regarding female caregivers as their health impacts on the health of their children with CP.

This study is a resource for evidence and an initiative in order to perform a larger scale study at national level.

1.3 Aim of the study

To find out the prevalence of low back pain among female caregivers of children with cerebral palsy and how it affects the ability of female caregivers to manage in everyday life.
1.4 Objectives of the study

1. To estimate the prevalence of low back pain of the last 12 months among female caregivers of children with cerebral palsy.
2. To find out the association between low back pain of the last 12 months and demographic variables.
3. To find out the levels of physical disability of the female caregivers to manage in everyday life due to low back pain.
Chapter Two: Literature Review

Low back pain (LBP) is a vital public health problem in all industrialized nations [51]. It is a condition with a relatively high prevalence [52]. In addition, the pain and associated disability lasts for months in most people where only a small proportion remains severely disabled.

The effect of chronic LBP on relationships with children has been reported as having physical impact [53]. As well, parents with LBP may be incapable to assist with children’s development through play and activities [54]. Moreover, caring for a child with a disability needs extra time from the caregiver [55] and medical care costs have been estimated to be 2.5 to 20 times the average costs of caring for children [56].

Preserving parents’ good health and well-being is a precondition for an optimal care of the child [57]. Besides, organized support for family caregivers benefits not only the patient, but also the caregiver and health care team [58]. Therefore, appropriate treatment and support should be provided before the health of parents becomes seriously compromised [59]. This suggests that the need for Occupational Therapy (OT) wellness programs through educational programs focusing on preventing musculoskeletal discomfort and providing support for the parental role [15]. Désiron et al. discussed Reed and Sanderson’s work in their research [60] that OT interventions are a part of the therapeutic plan which are designed to facilitate performance of everyday tasks and adaptation of settings where the person works, lives and socializes. In addition, such interventions are directed towards developing, improving and restoring daily living skills.

2.1 Low back pain

Low back pain (LBP) is not a specific disease, but a symptom which is typically described as discomfort in the lumbosacral region of the back that may or may not radiate to the legs, hips and buttocks [61]. Besides, LBP is an important cause of disability and it occurs in similar proportions in all cultures and is the most common reason for medical consultations [62].
2.2 Types of low back pain

2.2.1 Acute low back pain

Acute back pain is the most common presentation and is generally self-limiting, lasting less than three months regardless of treatment [62]. Acute pain in the lower back is most commonly caused by a sprain or muscle tear and usually occurs within 24 hours of heavy lifting or overuse of the back muscles [63]. In addition, the pain is usually localized and there may be muscle spasms or soreness during touching the area, but the patient usually feels better, while resting. Moreover, the acute low back pain presents for 4 weeks or less [64].

2.2.2 Chronic low back pain

Chronic low back pain (LBP) is a more difficult problem [62] which is considered to be chronic, if it has been present for longer than three months [65] or ≥ 12 weeks [64]. Chronic LBP may originate from an injury, disease or stresses on different structures of the body including bones, muscles, ligaments, joints, nerves or the spinal cord [65]. In addition, the sensation of pain may vary such as aching, burning, stabbing or tingling, sharp or dull and well-defined or vague as well as the intensity of pain may range from mild to severe.

2.3 Demographic factors

2.3.1 Age

Age is a period of human life that is measured by years from birth is usually marked by a certain stage or degree of mental or physical development and involving legal responsibility and capacity [66].

2.3.2 Sex

Sex refers to the biological and physiological characteristics that define men and women. Beside this, categories of sex are male and female [67].
2.3.3 Weight

Weight is the amount or quantity of heaviness or mass [68] or a measurement of how heavy a person or thing [69].

2.3.4 Area of residence

Area of residence is the place, especially the house, in which a person lives or it is a dwelling place [70].

2.3.5 Marital status

Marital status is the condition of being married or unmarried [71].

2.3.6 Educational status

Educational status is the level of education and skill obtained within a discipline or profession, usually referred to as a generalist or specialist in a discipline [72].

2.3.7 Occupation

Occupation is a person's usual or principal work or business, especially as a means of earning a living [73]. It is called by a job or profession [74].

2.3.8 Income level

Income level is the amount of money or its equivalent received during a period of time in exchange for labor or services from the sale of goods or property or as profit from financial investments [75].

2.3.9 Child care tasks

Child care tasks refer to the activities including babysitting, feeding, cleaning, mentoring, exercising etc. to make sure children are supervised at all times and to provide nourishment for them [76].

2.3.10 Household

Household work is traditionally a labour performed by women traditionally [37]. It is belonging to the house and family; domestic as for household furniture, cooking, cleaning, or laundering [77].
2.4 Cerebral palsy

Cerebral palsy (CP) is an umbrella term, used to describe a group of non-progressive [78] and non-contagious motor conditions that cause physical disability in human development, mainly in the various areas of body movement [79] that result from disorders of the developing nervous system [80], which is caused by damage to the motor control centers of the developing brain and can occur during pregnancy, during childbirth or after birth up to about age three [9]. All types of CP are characterized by abnormal muscle tone (slouching over while sitting), reflexes or motor development and coordination [9]. CP is usually associated with various other disabling abnormalities including seizures, learning disabilities, communication and intellectual impairments, behavioral problems, feeding, visual, speech and hearing difficulties, as well as sensory impairments [81]. There can also be joint and bone deformities and contractures (permanently fixed, tight muscles and joints) [9].

2.5 Type of cerebral palsy

There are different types of cerebral palsy those are divided into two categories as according to the parts of the body affected and quality of child’s postural tone that are described below.

2.5.1 According to the parts of the body affected

2.5.1.1 Monoplegia

Cerebral palsy affects only one limb (arm or leg) on one side of the child’s body in monoplegia which is very rare and movement impairments are usually mild that often disappear with time [82].

2.5.1.2 Diplegia

Cerebral palsy mainly affects a child’s legs in diplegia [82]. In addition, children with diplegia tend to stand on their toes and scissor their legs that is to bring their legs and feet strongly together in a crossed position when upright due to spastic leg muscles and they may have subtle or mild muscle tone problems in the upper part of the body, but they have adequate control of trunk, arms and head for most daily activities.
2.5.1.3 Hemiplegia

Cerebral palsy affects one side of the child’s body in hemiplegia where the arm is usually more affected than the leg, trunk or face and is typically held in flexed or bent at the hand, wrist and elbow and 50% of children with hemiplegia have some loss of sensation [82]. In addition, the arm or leg on the affected side of children with hemiplegia may be shorter or less developed than the other side and they may or may not be able to use their affected hand, depending on the degree of impairment and sensation having in hand.

2.5.1.4 Paraplegia

Paraplegia is a form of cerebral palsy that affects both legs, but the arms are spared [83].

2.5.1.5 Triplegia

Triplegia is a form of cerebral palsy that affects three limbs [84]. The term may be confusing because there is not a typical pattern of involvement as usually it describes involvement of both legs and one arm, but can also involve both arms and one leg [85].

2.5.1.6 Quadriplegia

Quadriplegia is a form of cerebral palsy which affects a child’s whole body as face, trunk, arms and legs- the child is said to have quadriplegia [82]. In addition, a child’s legs and feet are usually more affected by abnormal muscle tone and involuntary movements than arms and hands in quadriplegia. Along with, children with quadriplegia may also have major impairment of the facial muscles used in feeding and speaking and due to their motor disabilities; children with quadriplegia have difficulty with most activities of daily living.

2.5.2 According to the quality of child’s postural tone

2.5.2.1 Spastic

Spastic cerebral palsy (CP) is the most common and accounts for approximately 60-70% of the cases of CP which is characterized by hypertonicity [86]. Spastic type of CP refers to a cerebral palsy child with increased muscle tone and the child with
spastic type of CP seems very stiff or rigid [87]. In addition, according to the National Institutes of Health (NIH), spasticity is marked by an abnormal increase in muscle tension and a reduced ability of a muscle to stretch. As well, spasticity can be so severe that joint movement is not possible and untreated spasticity can lead to loss of function and deformity.

2.5.2.2 Flaccid

Flaccid type of cerebral palsy (CP) refers to decreased muscle tone and the child with flaccid type of CP seems very relaxed, even floppy [88]. In addition, according to National Institutes of Health (NIH), flaccidity is marked by decreased muscle tone (the amount of resistance to movement in a muscle). The symptoms of flaccidity include problems with mobility and posture, breathing and speech difficulties, lethargy, ligament and joint laxity, and poor reflexes [88] as well as head control may be poor or absent in the floppy infant with the head falling to the side, backward or forward [89].

2.5.2.3 Mixed

Mixed type of cerebral palsy (CP) accounts for about 10% of the cases of children with CP [82]. In the mixed type of CP, two different patterns occur together and the most frequent mixed type is spastic-athetoid and children with this type have signs of athetosis and fluctuating postural tone fluctuates from hypertonicity [86].

2.5.2.4 Athetoid

Athetosis accounts for approximately 20% of the cases of cerebral palsy which is characterized by involuntary and uncontrolled movements, fluctuating tone, excessive movement and hypermobility may be present, but contractures are rare [86].

2.5.2.5 Ataxic

Ataxic cerebral palsy (CP) is much less common than spastic and athetoid [86]. In addition, it accounts for only 5-10% of individuals with CP and affects coordination of movement all four limbs and the trunk. As well, ataxic CP is characterized by low muscle tone, also known as hypotonic, usually having a wide-based gait or walk and because of poor sense of balance the individuals tend to walk with their feet unusually far apart. The children with ataxic CP look very unsteady [90] and shaky like a
tremor, especially when they are trying to handle or hold a small object such as a pen in appearance [91].

### 2.6 Caring for children with cerebral palsy

Children with cerebral palsy (CP) need assistance to do daily activities and for movement as well [9]. The effects of CP are seen by ages. Children with CP are dependent and frequently perceived as a burden, since they need endless caregiving as many of them have limitations in self-care functions such as feeding, dressing, bathing and mobility [80].

CP is a complex clinical entity and children with CP often need special care which causes changes in family routines, with a possible direct impact on caregivers’ lives, mainly mothers [92]. Thus the caregivers experience a high level of stress and they also need professionals’ help in decreasing such a burden [93].

### 2.7 Caregiver

The caregivers regularly provide care under complex circumstances as balancing the concerns of their own immediate families, their careers and responsibilities [94]. In addition, caregiving is defined as providing unpaid assistance to another person for his/her physical and emotional needs which ranges from partial assistance to 24-hour care. Caregivers are considered primary and secondary those are described below.

### 2.8 Types of caregiver

#### 2.8.1 Primary caregiver

The primary caregiver is the person primarily responsible for the care and upbringing of a child [95]. In addition, a primary caregiver can be an individual or a public entity. If the mother lives with the child, she is usually considered to be this person. However, it can be the father, a grandparent or a guardian. Beside this, the term primary caregivers is used to refer to the mothers/fathers/grandparents/guardians of children who serve as parental figures for these children and are responsible for the day-to-day care and maintenance of these children [96].
2.8.2 Secondary caregiver

Secondary caregivers refer to people who are less frequently involved in the personal care, although help with support and respite of the primary caregiver [97]. The role of the secondary caregiver is to support the primary caregiver in caring for the individual [98]. In addition, the primary caregiver is the final decision maker who leads the team of secondary caregivers.

2.9 Impact of low back pain in everyday life

Low back pain (LBP) ranks high, frequently first, as a cause of disability and inability to work and a reason for medical consultation [62]. Persons with LBP experience more restrictions while performing all their physical activities including self-cleaning and dressing comparing to those without LBP and believed that they are in bad health conditions [99]. LBP can hinder with work, sleep and usual daily routines [100]. There is an association between sleep disorders and chronic LBP and also a correlation between the intensity of the impact of chronic LBP on daily life and the severity of sleep disorders [101].

Persons with LBP often report impaired ability to perform daily activities and the impact of pain on daily functioning can be expressed as a level of disability [19]. Disability and physical activity reflect the impact of pain on daily functioning [102]. In addition, there are moderate correlations between physical activity and disability for persons with chronic LBP, which indicates that persons with chronic LBP and high levels of disability are likely to have low levels of physical activity; where disability focuses on what persons cannot do and physical activity focuses on what persons actually do in daily living. Consequently, LBP leads to performance at a reduced level of physical activity in everyday life [103].

2.10 Role of Occupational Therapy on low back pain

As a part of the rehabilitation program, the primary goal of Occupational Therapy (OT) is to enable people to participate in the activities of everyday life [104]. MÜLLERSDORF discussed Christiansen and Baum, Törnquist’s work in his dissertation [105] that OT is described in terms of being health-oriented and the focus is on the effects of a disease or an injury on everyday living. As well,
MÜLLERSDORF quoted Strong’s (1996) work in his dissertation [105] that the overall aim of OT in pain management is “maximizing the patient’s functional status and control over her life, and minimizing the patients’ loss of role and associated competences… through specific techniques and engagement in purposeful activities”. Besides, MÜLLERSDORF quoted Caruso and Chan, Scudds and Solomon, Strong’s (1986, 1987, 1996, 1998) work in his dissertation [105] that the areas concerning OT are personal self-care, housework, work and leisure.

OT supports those who are restricted in their day to day lives and offers them specific exercises, adjustment to their environment, counseling etc. [106]. In addition, OT for persons with chronic low back pain suggests treatment programs including work related training, behavior therapy, reducing pain and limitations. Occupational therapists focus on persons’ activity limitations or participation restrictions and in literature, the interventions in occupational therapy pain management include initial assessments and planning (e.g. assessment task of performance/activity analysis, attitudes assessment, goal setting), occupational performance (e.g. work hardening, ergonomics, energy conservation), external adaptation (e.g. assistive devices, splinting) or educational perspectives (e.g. pain education, back school), activities with a behavioral perspective (e.g. ergonomics, activity tolerance) or as a tool (e.g. arts and crafts, purposeful activities) [105].

Sanders and Morse discussed Pirie and Herman, Maynard and Blain, Sanders’s (2004) work in their article [15] that occupational therapists and parents together can take problem solving strategies that minimize biomechanical stresses while parents perform tasks as transporting, bathing and feeding the children by choosing child-care equipment that has design features that encourage proper body alignment. As well, occupational therapists can advise on planning, pacing, prioritizing activities by developing a daily routine and overcoming pain-causing hazards at work; providing advice on caring for muscles and joints and how to incorporate exercise and relaxation into daily life; suggesting techniques to conserve energy; helping to develop strategies for bending, lifting and reaching; recommending assistive technology, if needed and alternative ways of working; providing advice and training in undertaking daily activities such as bathing, dressing, eating and participating in a favorite hobby; helping people to re-prioritize tasks to improve work-life balance and to remain in or return to work [107].
Chapter Three: Methodology

3.1 Study design

Cross sectional design was selected to meet the aim of the study. Since cross sectional studies are the best way to determine prevalence and are useful at identifying associations [108]. In addition, a cross sectional survey collects information from a sample that has been drawn from a predetermined population. Furthermore, the information is collected at just one point in time, although the time it takes to collect all of the data desired may take anywhere from a day to a few weeks or more [109].

3.2 Study setting

The study setting was selected conveniently. The study was conducted at the Inpatient Paediatric Unit at the Centre for the Rehabilitation of the Paralyzed (CRP), Savar, Dhaka, Bangladesh. CRP was founded in 1979 and focuses on a holistic approach to rehabilitation and its headquarter is in Savar, approximately 25km from Dhaka, the capital city of Bangladesh and is situated in around 13 acres of land [110]. CRP is a large non-government organization (NGO) that serves children and adults with disabilities, especially physical and neurological impairments including cerebral palsy (CP) [111]. One of the services which is sited at CRP-Savar is a Paediatric Unit with residential care for disabled children and the main function of this is to run a two-week (Each group starts on Saturday of the 1st week and ends on Thursday of the 2nd week) residential program designed to integrate children with CP into family and community life [112]. In order to achieve this, children participate in physical and psychological therapy and carers are educated on how to care for the child and are made aware of disability issues and rights. At present, there is a 40-bed capacity at the Inpatient Paediatric Unit and each batch stays for two weeks.

3.3 Study population

The study population were the female caregivers who came in order to receive rehabilitative treatment for their children with cerebral palsy at the Inpatient Paediatric Unit at the Centre for the Rehabilitation of the Paralyzed (CRP), Savar,
Dhaka within the period of data collection and who met the inclusion and exclusion criteria.

### 3.4 Sample selection procedure and study sample

In this study, the sample was chose from the female caregivers who came in order to receive rehabilitative treatment for their children with cerebral palsy at the Inpatient Paediatric Unit, CRP, Savar, Dhaka during the data collection period and who met the inclusion and exclusion criteria. During the survey, a total of 90 female caregivers responded. 75 of them fulfilled the inclusion and exclusion criteria as well as being interested to participate in the study. Therefore, the 75 female caregivers were the study sample.

#### 3.5 Inclusion criteria

- Female caregivers of children with cerebral palsy between 2-12 years.

#### 3.6 Exclusion criteria

- Female caregivers who have history of back surgery.
- Female caregivers who have history of back fracture.

#### 3.7 Study period

The total study period is from May, 2012 to February, 2013. For this cross sectional study, the period of data collection was from October, 2012 to November, 2012.

#### 3.8 Data collection tool

##### 3.8.1 Screening form

A Bengali screening form (Annex C (a)) was developed based on inclusion and exclusion criteria. It is necessary to get the study sample according to comprehensive way.

##### 3.8.2 Information sheet and consent form

The researcher used a Bengali information sheet and consent form (Annex D (a)) to maintain ethical consideration.
3.8.3 Questionnaire

The researcher used a self-reported Bengali survey questionnaire (Annex I (a)) as Bengali was comfortable and understandable for the study subjects. The survey questionnaire contains three parts including a code number, demographic information (Section A), one question was used to estimate the prevalence of LBP among female caregivers (Section B) and the Oswestry Disability Index version 2.1a (Section C).

3.8.3.1 Demographic information

Demographic information includes such characteristics as age in year, area of residence (rural/urban), marital status, educational status, occupation, relationship with the child, number of children in the family, family’s monthly income level in Bangladeshi Taka (BDT), daily engagement in child care tasks (in hour), percent of time while others assist with child care, daily engagement in household (in hour) in case of female caregiver and age in year, sex, weight in kilogram, types of cerebral palsy in case of child with cerebral palsy. Definitions of demographic variables used in this study are mentioned in Table-1.

Table-1: Definitions of demographic variables used in this study

<table>
<thead>
<tr>
<th>Age</th>
<th>Indicating how old the female caregivers or child is.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Area of residence</td>
<td></td>
</tr>
<tr>
<td>Rural</td>
<td>Indicating the countryside as village areas.</td>
</tr>
<tr>
<td>Urban</td>
<td>Indicating the city or town.</td>
</tr>
<tr>
<td>Marital status</td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>Indicating that who has husband.</td>
</tr>
<tr>
<td>Unmarried</td>
<td>Indicating that who is not married.</td>
</tr>
<tr>
<td>Widow</td>
<td>Indicating that whose husband has died and who has not married again.</td>
</tr>
<tr>
<td>Divorcee</td>
<td>Indicating that who is divorced and has not married again.</td>
</tr>
<tr>
<td>Educational status</td>
<td></td>
</tr>
<tr>
<td>Illiterate</td>
<td>Indicating who is unable to read and write.</td>
</tr>
<tr>
<td>Under primary school</td>
<td>Indicating that who does not completed primary education and has not the certificate.</td>
</tr>
<tr>
<td>Primary school</td>
<td>Indicating that who has completed primary education and has the certificate.</td>
</tr>
<tr>
<td>Secondary school</td>
<td>Indicating that who has completed secondary education and has the certificate.</td>
</tr>
<tr>
<td>------------------</td>
<td>--------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Higher secondary school</td>
<td>Indicating that who has completed higher secondary education and has the certificate.</td>
</tr>
<tr>
<td>Graduate</td>
<td>Indicating that who has completed college or university education and has the certificate.</td>
</tr>
<tr>
<td>Masters</td>
<td>Indicating that who has completed advanced college or university education and has the certificate.</td>
</tr>
</tbody>
</table>

**Occupation**

<table>
<thead>
<tr>
<th>Student</th>
<th>Indicating that who is learning at a school or college or university.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housewife</td>
<td>Indicating that whose work is inside the home, doing the cleaning, cooking etc., and who usually does not have any other job.</td>
</tr>
<tr>
<td>Government employee</td>
<td>Indicating that who works in the government organization.</td>
</tr>
<tr>
<td>Non-government employee</td>
<td>Indicating that who works in the non-government organization.</td>
</tr>
<tr>
<td>Self-employee</td>
<td>Indicating that who does not work for an employer, but having her own business.</td>
</tr>
<tr>
<td>Retired</td>
<td>Indicating that who has withdrawn from job or business.</td>
</tr>
</tbody>
</table>

**Relationship with the child**

<table>
<thead>
<tr>
<th>Mother</th>
<th>Indicating the female parent.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grandmother</td>
<td>Indicating the mother of the child’s father or mother.</td>
</tr>
<tr>
<td>Sister</td>
<td>Indicating the girl or woman who has the same parents or who is the daughter of child’s aunt or uncle.</td>
</tr>
<tr>
<td>Aunt</td>
<td>Indicating that the sister of child’s father or mother or the wife of child’s uncle.</td>
</tr>
</tbody>
</table>

**Number of**

Indicating the total number of children in the family including
<table>
<thead>
<tr>
<th><strong>children in the</strong></th>
<th>the child with cerebral palsy.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family income</strong></td>
<td>Indicating the amount of family income in Bangladeshi taka per month.</td>
</tr>
<tr>
<td><strong>level</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Daily engagement</strong></td>
<td>Indicating the duration of engagement in childcare tasks counting in hours per day.</td>
</tr>
<tr>
<td><strong>in child care</strong></td>
<td></td>
</tr>
<tr>
<td><strong>tasks</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Percent of time,</strong></td>
<td>Never Indicating while others do not assist with childcare at any time.</td>
</tr>
<tr>
<td><strong>while others assist</strong></td>
<td>Occasionally Indicating while others assist with childcare at 1-24%.</td>
</tr>
<tr>
<td><strong>with child care</strong></td>
<td>Frequently Indicating while others assist with childcare at 24-49%.</td>
</tr>
<tr>
<td></td>
<td>Always Indicating while others assist with childcare at 50% or more.</td>
</tr>
<tr>
<td><strong>Daily engagement</strong></td>
<td>Indicating the duration of engagement in household counting in hours per day.</td>
</tr>
<tr>
<td><strong>in household</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Child’s sex</strong></td>
<td>Male Indicating a boy.</td>
</tr>
<tr>
<td></td>
<td>Female Indicating a girl.</td>
</tr>
<tr>
<td><strong>Child’s weight</strong></td>
<td>Indicating the amount that the child weighs. The weight of child with cerebral palsy was measured by using a weighing machine of Paediatric Unit, CRP, Savar, Dhaka.</td>
</tr>
<tr>
<td><strong>Child’s type of</strong></td>
<td>Type of cerebral palsy was taken from the patients’ record file (Assessment form) of Paediatric Unit, CRP, Savar, Dhaka.</td>
</tr>
<tr>
<td><strong>cerebral palsy</strong></td>
<td></td>
</tr>
</tbody>
</table>

3.8.3.2 *Estimating the prevalence of low back pain*

One question was used regarding “Have you at any time during the last 12 months had trouble (such as ache, pain, discomfort, numbness) in lower back” to estimate the prevalence of LBP among female caregivers of children with cerebral palsy. The question was used to define LBP based on subjective (Female caregivers’) judgment. In Section B, if the answer is “Yes”, then the study subjects had gone through the Section C.
3.8.3.3 The Oswestry Disability Index

In this study, an original UK English version of the Oswestry Disability Index (ODI) [113] was used to determine how low back trouble affects caregivers’ ability to manage in everyday life. ODI version 2.1a consists of 10 sections including Pain intensity, Personal care, Lifting, Walking, Sitting, Standing, Sleeping, Sex life (if applicable), Social life and Travelling. It is a 6-point likert scale. The ODI was translated into Bengali by following the Linguistic Validation of a Patient Reported Outcomes Measure [114], provided by MAPI Research Trust and the linguistic validation was conducted consisting 3 steps including forward translation including the production of a reconciliation version (Version 1); backward translation and comparing it with the Version 1 to detect mistranslation or inaccuracies and after that producing Version 2; patient testing of Version 2 on a panel of 6 female caregivers with LBP and then the third version of questionnaire was produced and finally after proof-reading the third version was considered as final version. The guidelines to fill up the ODI version 2.1a and the ODI version 2.1a are attached in Annex H.

The scoring procedure of ODI version 2.1a was done according to the Information Booklet [115], provided by MAPI Research Trust. In the ODI version 2.1a, items are scored on a 0 to 5 scale with 0 indicating no limitation of function and 5 indicating major functional disability due to back pain. For each items the maximum score is 5. If the first statement is marked, the score is 0, if the last statement is marked, the score is 5 and intervening statements are scored according to rank 1, 2, 3, 4. If all 10 items are completed, the index is calculated by dividing the summed score by the total possible score, which is then multiplied by 100 and expressed as a percentage. If more than one box is marked for any item, the highest scoring statement is recorded as a true indication of the patient’s disability and the score is calculated in the same way. If one or more items are missed, the index score is calculated by dividing total score of each item answered by total possible score (5 x number of items answered), which is then multiplied by 100 and expressed as a percentage. If a section is not completed as, it is not applicable and the score is calculated in the same way. In addition, range of scores for the index score is 0 to 100%. The scoring procedure of ODI version 2.1a is attached in Annex F.
The interpretation of high and low scores of ODI version 2.1a was done according to the Information Booklet [115], provided by MAPI Research Trust. In the ODI version 2.1a, the interpretation of scores includes five levels. These are minimal disability (0-20%), moderate disability (21-40%), severe disability (41-60%), crippled (61-80%) and bed-bound patients (81-100%). The persons who have minimal disability can cope with most living activities and have particular difficulty with sitting and this may be important if their occupation is inactive. Usually no treatment is indicated for them except advice on lifting, sitting posture, physical fitness and diet. Persons who have moderate disability experience more pain and difficulty with sitting, lifting and standing as well as their travel and social life are more difficult as well as they may be disabled from work. However, personal care, sexual activity and sleeping are not grossly affected and the back condition can usually be managed by conservative means. In the case of persons who have severe disability pain remains the main problem in this group of patients as well as activities of daily living (travel, personal care, social life, sexual activity and sleep) are also affected. Therefore, these patients require a detailed investigation. In case of persons who are crippled back pain interrupts on all aspects of their life both at home and at work. Therefore, positive intervention is required. Persons who are bed-bound remain either bed-bound or with exaggerated symptoms. This can be evaluated by careful observation of the patient during the medical examination. The interpretation of high and low scores of ODI version 2.1a is attached in Annex G.

3.8.3.3.1 Validity of the Oswestry Disability Index

The Oswestry Disability Index (ODI) version 2.1a by Jeremy Fairbanks is a valid questionnaire to find out the levels of physical disability to manage in everyday life due to low back pain. The ODI version 2.1a was translated into Bengali according to the Linguistic Validation of a Patient Reported Outcomes Measure of the ODI to adapt it culturally.

3.8.3.3.2 Reliability of the Oswestry Disability Index

The two forward translations of the Oswestry Disability Index (ODI) version 2.1a were done by two translators. Both translators and local project coordinator had discussed the 2 forward versions during a meeting and agreed a reconciliation version in order to produce a conceptually equivalent translation (Version 1) of the original
questionnaire in which the language is informal and easy to understand. The backward translation of ODI was done by one translator who had no access to the original version of the ODI questionnaire. Comparison of this backward translation with Version 1 was done by the local project coordinator during a meeting with the backward translator to detect any misunderstandings, mistranslations or inaccuracies in the intermediary forward version of the questionnaire (Version 1) which resulted in changes to the Version 1 and gave rise to the second version (Version 2). Patient testing of Version 2 had been done in the study setting on a panel of 6 patients (Female caregivers with low back pain) who are native speakers of the Bengali language in order to conduct a comprehension test through face to face interviews during which the interviewer (researcher) inquired whether the patient had any difficulty in understanding and checked the patient’s interpretation of all items. The patients understood and interpreted the whole ODI questionnaire. By these, the third version of the questionnaire had been produced. The third version of the questionnaire was proof-read and was considered as final version.

3.9 Data collection procedure

The researcher collected data from the study sample at the study setting. At the beginning of the interview, the researcher introduced herself, conducted screening, clearly explained the information sheet and consent form to build up trust and completed the procedure before data collection. Data was collected on the 1st 5 days (Saturday to Wednesday of 1st week) from each group at the Inpatient Paediatric Unit, Centre for the Rehabilitation of the Paralyzed (CRP), Savar, Dhaka during the period of data collection. The data was collected by using a self-reported Bengali survey questionnaire.

3.10 Data analysis process

The data analysis was performed through a statistical software named Statistical Package for the Social Sciences (SPSS), Inc, USA (version 17.0). Each study subject was given a code number and each question is counted as a variable. The code number and variables were labeled in a list in the variable view and the data input was performed in the data view of SPSS in case of all study subjects. The researcher
checked and rechecked every questionnaire and data view for any missing or incorrect or unclear information. Then the dataset was ready for analysis.

Descriptive statistics was used to estimate the prevalence of low back pain (LBP) over the last 12 months of the study subjects (female caregivers). It was also used to find out the frequency and percentage of demographic variables and the levels of physical disability.

Inferential statistics was used to estimate the prevalence range in 95% confidence interval (CI) and association. Pearson chi-square test was performed to find out the association, whether statistically significant or not, between demographic variables and LBP over the last 12 months of female caregivers having children with cerebral palsy. This chi-square test was done by using 2x2 table (Crosstab) with P-value less than 5% (P<0.05) for statistical significance.

3.11 Ethical consideration

Ethical consideration is very essential to conduct a study. The researcher was highly concerned about the following ethical issues:

- Taking permission from Department of Occupational Therapy, Bangladesh Health Professions Institute (BHPI), the academic institute of Centre for the Rehabilitation of the Paralyzed (CRP) before conducting the study (Annex A).
- Taking permission from the In-charge of Pediatric Unit of CRP-Savar before data collection (Annex B).
- Taking permission from MAPI Research Trust (Annex E) in collaboration with the author named Jeremy Fairbank for the ODI and fulfilling the user and translation agreement and linguistic validation procedures to validate the ODI in Bangladeshi aspect and finally using the ODI in this study to accomplish this academic research.
- The researcher was concerned to lessen the effect of biasness, as the study sample was selected based on inclusion and exclusion criteria.
- An informed consent (Annex D (a)) had been taken from all study subjects mentioning the aim of the study and the subjects had full right to withdraw themselves from the study at any time without any hesitation.
The study subjects had the opportunity to pass over the section 8 (sex life) of ODI version 2.1a (Annex H) without any hesitation.

The Pediatric Unit and the study sample were not disadvantaged by the study.

Maintaining confidentiality during the whole process of the study.

A code number had been used for each study subject as none could identify the study subjects.

All sources and works of the others, which were used in this study, were properly cited and duly acknowledged.
Chapter Four: Result

4.1 Demographic variables

In this cross sectional study, most of the female caregivers (80%) were between the age range 20-30 years and most of them (77.3%) were from rural area. Almost all of the female caregivers (97.3%) were married. Most of them (69.3%) had education upto primary school and majority of them (94.7%) were housewives. Almost all of them (97.3%) were mothers and most of them (74.7%) had 1-2 children. About three-fourth’s (70.7%) had less than 10000 taka income per month.

More than half of the female caregivers (58.7%) engaged in childcare tasks for less than 6 hours per day. More than half of the them (57.3%) never (0%) need assistance, then about one-fourth (24%) need assistance always (50% or >), then a few of them (12%) need frequent (24–49%) assistance and very few of them (6.7%) need assistance occasionally (1–24%) from others with child care. Most of them (89.3%) engaged in household activities also for less than 6 hours per day.

More than three-fourth of the children with cerebral palsy (CP) (78.7%) were less than 5 years old, less than three-fourth of them (70.7%) were male and most of them (82.7%) were of less than 15 kilogram in weight. Most of the children with CP were spastic (82.7%) and quadriplegic (41.3%).
Table-2: Demographic information of female caregivers (study subjects, n=75) and children with cerebral palsy

<table>
<thead>
<tr>
<th>Demographic variables</th>
<th>Frequency</th>
<th>Percent(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age of the female caregivers (in year)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20-30yrs</td>
<td>60</td>
<td>80.00</td>
</tr>
<tr>
<td>30-40yrs</td>
<td>12</td>
<td>16.00</td>
</tr>
<tr>
<td>40-50yrs</td>
<td>3</td>
<td>4.00</td>
</tr>
<tr>
<td>Area of residence</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rural</td>
<td>58</td>
<td>77.30</td>
</tr>
<tr>
<td>Urban</td>
<td>17</td>
<td>22.70</td>
</tr>
<tr>
<td>Marital status</td>
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<td></td>
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<tr>
<td>Married</td>
<td>73</td>
<td>97.30</td>
</tr>
<tr>
<td>Widow</td>
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<td>2.70</td>
</tr>
<tr>
<td>Educational status</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Illiterate</td>
<td>6</td>
<td>8.00</td>
</tr>
<tr>
<td>Primary school</td>
<td>52</td>
<td>69.30</td>
</tr>
<tr>
<td>SSC</td>
<td>9</td>
<td>12.00</td>
</tr>
<tr>
<td>HSC and above</td>
<td>8</td>
<td>10.70</td>
</tr>
<tr>
<td>Occupation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Housewife</td>
<td>71</td>
<td>94.70</td>
</tr>
<tr>
<td>Non-government employee</td>
<td>4</td>
<td>5.30</td>
</tr>
<tr>
<td>Relationship with the child with cerebral palsy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mother</td>
<td>73</td>
<td>97.30</td>
</tr>
<tr>
<td>Grandmother</td>
<td>2</td>
<td>2.70</td>
</tr>
<tr>
<td>Number of children in the family</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-2 children</td>
<td>56</td>
<td>74.70</td>
</tr>
<tr>
<td>&gt;2 children</td>
<td>19</td>
<td>25.30</td>
</tr>
<tr>
<td>Family income level in BDT (monthly)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;10000tk/month</td>
<td>53</td>
<td>70.70</td>
</tr>
<tr>
<td>≥10000tk/month</td>
<td>22</td>
<td>29.30</td>
</tr>
<tr>
<td>Daily engagement in child care tasks (in hour)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;6hrs/day</td>
<td>44</td>
<td>58.70</td>
</tr>
<tr>
<td>≥6hrs/day</td>
<td>31</td>
<td>41.30</td>
</tr>
<tr>
<td>Percent of time while others assist with child care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never (0%)</td>
<td>43</td>
<td>57.30</td>
</tr>
<tr>
<td>Occasionally (1–24%)</td>
<td>5</td>
<td>6.70</td>
</tr>
<tr>
<td>Frequently (24–49%)</td>
<td>9</td>
<td>12.00</td>
</tr>
<tr>
<td>Always (50% or &gt;)</td>
<td>18</td>
<td>24.00</td>
</tr>
<tr>
<td>Daily engagement in household (in hour)</td>
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<td></td>
</tr>
<tr>
<td>&lt;6hrs/day</td>
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<tr>
<td>≥6hrs/day</td>
<td>8</td>
<td>10.70</td>
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<tr>
<td>Age of the child with cerebral palsy (in year)</td>
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<td></td>
</tr>
<tr>
<td>&lt;5yrs</td>
<td>59</td>
<td>78.70</td>
</tr>
<tr>
<td>≥5yrs</td>
<td>16</td>
<td>21.30</td>
</tr>
<tr>
<td>Sex of child with cerebral palsy</td>
<td></td>
<td></td>
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<td>Male</td>
<td>53</td>
<td>70.70</td>
</tr>
<tr>
<td>Female</td>
<td>22</td>
<td>29.30</td>
</tr>
<tr>
<td>Weight of child with cerebral palsy (in kilogram)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;15kg</td>
<td>62</td>
<td>82.70</td>
</tr>
<tr>
<td>≥15kg</td>
<td>13</td>
<td>17.30</td>
</tr>
<tr>
<td>Type of cerebral palsy according to the parts of the body affected</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monoplegic</td>
<td>1</td>
<td>1.30</td>
</tr>
<tr>
<td>Diplegic</td>
<td>12</td>
<td>16.00</td>
</tr>
<tr>
<td>Hemiplegic</td>
<td>8</td>
<td>10.70</td>
</tr>
<tr>
<td>Paraplegic</td>
<td>20</td>
<td>26.70</td>
</tr>
<tr>
<td>Triplegic</td>
<td>3</td>
<td>4.00</td>
</tr>
<tr>
<td>Quadriplegic</td>
<td>31</td>
<td>41.30</td>
</tr>
<tr>
<td>Type of cerebral palsy according to the quality of child’s postural tone</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spastic</td>
<td>62</td>
<td>82.70</td>
</tr>
<tr>
<td>Flaccid</td>
<td>4</td>
<td>5.30</td>
</tr>
<tr>
<td>Athetoid</td>
<td>9</td>
<td>12.00</td>
</tr>
</tbody>
</table>
4.2 Prevalence of low back pain

In the female caregivers, the prevalence of low back pain (LBP) of the last 12 months is 66.70%, which is mentioned in Table-2.1. If the prevalence is estimated in population (all female caregivers during data collection period) then that prevalence will range between 56.3-77.6% in 95% confidence interval (CI), which is mentioned in Table-2.2.

**Table-3.1:** Prevalence of LBP of the last 12 months of female caregivers (study subjects, n=75)

<table>
<thead>
<tr>
<th>Time outline</th>
<th>Frequency</th>
<th>Percent (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>12-months prevalence at lower back</td>
<td>50</td>
<td>25</td>
</tr>
</tbody>
</table>

**Table-3.2:** Prevalence of LBP of the last 12 months of female caregivers (study subjects, n=75) with CI

<table>
<thead>
<tr>
<th>Percent (%)</th>
<th>95% CI, %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>67</td>
</tr>
<tr>
<td>No</td>
<td>33</td>
</tr>
</tbody>
</table>

4.3 Association between low back pain and demographic variables

There is a statistically significant association between low back pain (LBP) of last 12 months and relationship with the child with cerebral palsy. The P-value of this association is 0.043. Here, the association is present in case of mothers (100.00%). There is also a statistically significant association between LBP of last 12 months and family’s monthly income level. The P-value of this association is 0.049. Here, the association is significantly higher in case of those (78.00%) whose family income is less than 10000tk per month than those (22.00%) whose family income is equal or greater than 10000tk per month.

In this study, it is found that there is no association of LBP with age of female caregivers, area of residence, marital status, educational status, occupation, number of children in the family, daily engagement in child care tasks hourly, percent of time while others assist with child care, daily engagement in household hourly, age, sex,
weight of the child with cerebral palsy, type of cerebral palsy according to the parts of
the body affected and the quality of child’s postural tone.

Table-4: Association between LBP of the last 12 months and demographic variables
of female caregivers (study subjects, n=75)

<table>
<thead>
<tr>
<th>Demographic variables</th>
<th>Frequency</th>
<th>Percent of LBP of last 12 months (%)</th>
<th>Chi-square value</th>
<th>P-value (P&lt;0.05)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Age of female caregivers</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20-30yrs</td>
<td>38</td>
<td>22</td>
<td>76.00</td>
<td>88.00</td>
</tr>
<tr>
<td>30-40yrs</td>
<td>11</td>
<td>1</td>
<td>22.00</td>
<td>4.00</td>
</tr>
<tr>
<td>40-50yrs</td>
<td>1</td>
<td>2</td>
<td>2.00</td>
<td>8.00</td>
</tr>
<tr>
<td>Age of female caregivers</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Area of residence</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rural</td>
<td>37</td>
<td>21</td>
<td>74.00</td>
<td>84.00</td>
</tr>
<tr>
<td>Urban</td>
<td>13</td>
<td>4</td>
<td>26.00</td>
<td>16.00</td>
</tr>
<tr>
<td>Area of residence</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marital status</td>
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<td></td>
</tr>
<tr>
<td>Married</td>
<td>49</td>
<td>24</td>
<td>98.00</td>
<td>96.00</td>
</tr>
<tr>
<td>Widow</td>
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<td>1</td>
<td>2.00</td>
<td>4.00</td>
</tr>
<tr>
<td>Marital status</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Educational status</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Illiterate</td>
<td>4</td>
<td>2</td>
<td>8.00</td>
<td>8.00</td>
</tr>
<tr>
<td>Primary school</td>
<td>32</td>
<td>20</td>
<td>64.00</td>
<td>80.00</td>
</tr>
<tr>
<td>SSC</td>
<td>7</td>
<td>2</td>
<td>14.00</td>
<td>8.00</td>
</tr>
<tr>
<td>HSC and above</td>
<td>7</td>
<td>1</td>
<td>14.00</td>
<td>4.00</td>
</tr>
<tr>
<td>Educational status</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Occupation</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Housewife</td>
<td>46</td>
<td>25</td>
<td>92.00</td>
<td>100.00</td>
</tr>
<tr>
<td>Non-government employee</td>
<td>4</td>
<td>0</td>
<td>8.00</td>
<td>0.00</td>
</tr>
<tr>
<td>Occupation</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Relationship with the child with cerebral palsy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mother</td>
<td>50</td>
<td>23</td>
<td>100.00</td>
<td>92.00</td>
</tr>
<tr>
<td>Grandmother</td>
<td>0</td>
<td>2</td>
<td>0.00</td>
<td>8.00</td>
</tr>
<tr>
<td>Relationship with the child with cerebral palsy</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Number of children in the family</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-2 children</td>
<td>37</td>
<td>19</td>
<td>74.00</td>
<td>76.00</td>
</tr>
<tr>
<td>&gt;2 children</td>
<td>13</td>
<td>6</td>
<td>26.00</td>
<td>24.00</td>
</tr>
<tr>
<td>Number of children in the family</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family income level in BDT (monthly)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;10000tk/month</td>
<td>39</td>
<td>14</td>
<td>78.00</td>
<td>56.00</td>
</tr>
<tr>
<td>≥10000tk/month</td>
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<td>11</td>
<td>22.00</td>
<td>44.00</td>
</tr>
<tr>
<td>Family income level in BDT (monthly)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Daily engagement in child care tasks (in hour)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;6hrs/day</td>
<td>27</td>
<td>17</td>
<td>54.00</td>
<td>68.00</td>
</tr>
<tr>
<td>≥6hrs/day</td>
<td>23</td>
<td>8</td>
<td>46.00</td>
<td>32.00</td>
</tr>
<tr>
<td>Daily engagement in child care tasks (in hour)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percent of time while others assist with child care</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never (0%)</td>
<td>29</td>
<td>14</td>
<td>58.00</td>
<td>56.00</td>
</tr>
<tr>
<td>Occasionally (1–24%)</td>
<td>4</td>
<td>1</td>
<td>8.00</td>
<td>4.00</td>
</tr>
<tr>
<td>Frequently (24–49%)</td>
<td>5</td>
<td>4</td>
<td>10.00</td>
<td>16.00</td>
</tr>
<tr>
<td>Always (50% or &gt;)</td>
<td>12</td>
<td>6</td>
<td>24.00</td>
<td>24.00</td>
</tr>
<tr>
<td>Percent of time while others assist with child care</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Daily engagement in household (in hour)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;6hrs/day</td>
<td>45</td>
<td>22</td>
<td>90.00</td>
<td>88.00</td>
</tr>
<tr>
<td>≥6hrs/day</td>
<td>5</td>
<td>3</td>
<td>10.00</td>
<td>12.00</td>
</tr>
<tr>
<td>Age of the child with cerebral palsy (in year)</td>
<td>&lt;5yrs</td>
<td>37</td>
<td>22</td>
<td>74.00</td>
</tr>
<tr>
<td>-----------------------------------------------</td>
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<td>----</td>
<td>-------</td>
</tr>
<tr>
<td></td>
<td>≥5yrs</td>
<td>13</td>
<td>3</td>
<td>26.00</td>
</tr>
<tr>
<td>Sex of child with cerebral palsy</td>
<td>Male</td>
<td>35</td>
<td>18</td>
<td>70.00</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>15</td>
<td>7</td>
<td>30.00</td>
</tr>
<tr>
<td>Weight of child with cerebral palsy (in kilogram)</td>
<td>&lt;15kg</td>
<td>41</td>
<td>21</td>
<td>82.00</td>
</tr>
<tr>
<td></td>
<td>≥15kg</td>
<td>9</td>
<td>4</td>
<td>18.00</td>
</tr>
<tr>
<td>Type of cerebral palsy according to the parts of the body affected</td>
<td>Monoplegic</td>
<td>1</td>
<td>0</td>
<td>2.00</td>
</tr>
<tr>
<td></td>
<td>Diplegic</td>
<td>11</td>
<td>1</td>
<td>22.00</td>
</tr>
<tr>
<td></td>
<td>Hemiplegic</td>
<td>6</td>
<td>2</td>
<td>12.00</td>
</tr>
<tr>
<td></td>
<td>Paraplegic</td>
<td>15</td>
<td>5</td>
<td>30.00</td>
</tr>
<tr>
<td></td>
<td>Triplegic</td>
<td>1</td>
<td>2</td>
<td>2.00</td>
</tr>
<tr>
<td></td>
<td>Quadriplegic</td>
<td>16</td>
<td>15</td>
<td>32.00</td>
</tr>
<tr>
<td>Type of cerebral palsy according to the quality of child’s postural tone</td>
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<td>78.00</td>
</tr>
<tr>
<td></td>
<td>Flaccid</td>
<td>2</td>
<td>2</td>
<td>4.00</td>
</tr>
<tr>
<td></td>
<td>Athetoid</td>
<td>9</td>
<td>0</td>
<td>18.00</td>
</tr>
</tbody>
</table>

4.4 Levels of physical disability to manage in everyday life due to low back pain

Due to low back pain (LBP), most of the female caregivers (74.00%) had moderate disability (21-40%), then least of them (26.00%) had minimal disability (0-20%) which is mentioned in Table-4. Besides, none of them had severe disability (41-60%) and none of them was crippled (61-80%) or bed-bound patients (81-100%).

Table-5: Levels of physical disability among female caregivers (study subjects, n=75) to manage in everyday life due to LBP
Chapter Five: Discussion

The first objective of this study was to estimate the prevalence of low back pain (LBP) of the last 12 months among female caregivers of children with cerebral palsy (CP). This study showed that the prevalence of LBP of the last 12 months among female caregivers of children with CP is 66.70%.

However, this value is reasonable in comparison with a study of the third National Health and Nutrition Examination Survey (NHANES III) of US population. In NHANES III, it was estimated that the 12-month period prevalence of back pain episodes was 17.8% lasting for at least 1 month [116]. A study of Tong et al. showed that the prevalence of LBP is higher in adult female primary caregivers of children with physical disabilities than those of children with non-physically disabling medical illness [10]. In another study, Tonga and D’uger founded in their study that 91% of the mothers with disabled children had LBP [48].

The second objective of this study is to find out the association between LBP of the last 12 months and demographic variables. This study showed statistically significant association of LBP of last 12 months with the relationship of female caregivers with the children with CP. The association is present in case of mother of the children with CP.

On the other hand, the study of Tong et al. discussed which is relevant to this association. As mothers usually provide care to their disabled children due to social and cultural structures, dependency of children on their mothers in case of activities of daily living is equivalent with mothers’ back pain severity [48].

This study also showed a statistically significant association between LBP of last 12 months with family’s monthly income level. The association is significantly higher in case of those whose family income is less than 10000tk per month.

According to the knowledge of the researcher, there is no published article that suggests the association of LBP with family’s monthly income level.

In this study, it is reported that there is no association of LBP of the last 12 months with age of female caregivers, area of residence, marital status, educational status,
occupation, number of children in the family, daily engagement in childcare tasks hourly, percent of time while others assist with child care, daily engagement in household hourly.

The other studies showed the association of LBP with some demographic variables in case of female caregivers. Finkelstein quoted Kelsey and Golden, Riihimaki’s work in his research [27] that age is associated with the occurrence of LBP and the likelihood of having LBP increases with age [61]. Sanders and Morse quoted Hall and Gordon’s work in their research [15] that married women with part time jobs are more expected to experience role overload in fulfilling the tasks of both a mother and worker than women who are employed full-time. There is an association between employment and the numbers of hours of housework, while full-time housewives spent significantly longer hours doing housework and working long hours is also linked with musculoskeletal pain among housewives [37]. Besides, the number of children in family is highly associated with musculoskeletal pain in female workers [117] and women in residence [37]. As well, a greater number of children is associated with increased LBP in women [118]. LBP is the most common musculoskeletal disorder related to caring for children [15]. In the study of Sanders and Morse, less than half of all spouses got assistance >50% of the time with child care [15]. Sanders and Morse quoted Esdaile and Olson (2004), Hochschild (2000), Pirie and Herman (1995), Primeau’s (2000) work in their research [15] that the primary caregivers above all the mothers account multitasking for taking care of children during performing daily household tasks. There is an association between housework and LBP [119]. In the study of Habib and Zein, the number of housework hours is significantly associated with musculoskeletal pain in women [37].

According to the knowledge of researcher, any published article did not show the association of LBP with area of residence and educational status of the female caregivers.

It is noted in this study that there is no association of LBP of the last 12 months with age, sex, weight of the child with cerebral palsy, type of cerebral palsy according to the parts of the body affected and the quality of child’s postural tone.

The other studies showed the association of LBP with some demographic variables related to children with CP. Finkelstein quoted Kelsey and Golden, Riihimaki’s work
in his research [27] that age is associated with the occurrence of LBP and LBP increases with age [61]. Sanders and Morse quoted Kroemer and Grandjean, Sanders’s work in their research [15] that a strain on the low back which is worsened by the weight of the child. The type of disability among children may have an effect on the back pain [48].

According to the knowledge of the researcher, there is no published article that suggests the association of LBP with sex and types of CP of the children with CP.

The third objective of this study is to find out the levels of physical disability to manage in everyday life due to LBP. Most of the female caregivers had moderate disability with the least of them experiencing minimal disability due to LBP. Moreover, none of them had severe disability; none of them was crippled and bed-bound patients due to LBP.

According to knowledge, there is no published article, which discusses specifically the levels of physical disability. Only Tonga and D’uger discussed about the correlation of WeeFIM locomotion-mobility in case of children with CP and muscular dystrophy (MD) with the Oswestry Disability Index (ODI) scores in case of their mothers [48].

Other studies have discussed about disability due to LBP and some sections (personal care, walking, sleeping, sex life, social life) of ODI. A study revealed that LBP is a leading cause of disability and chronic back pain is more disabling [62]. Besides, LBP negatively impacts on the ability of caregivers to care their children with physical disabilities [14]. Smith et al. discussed Bergner et al. (1976) and Bergner et al.’s (1981) work in their research [120] that chronic pain is associated with difficulty in performing everyday activities. Beside this, Yip discussed OSLEN et al.’s work in his research [121] that about 30-50% of self-reported LBP implicated daily activity limitations, sleeping interruption and walking interference. Moreover, the impact of LBP causes limitations in their family and social roles pointing out that persons with chronic LBP experience significant restrictions in activities such as parenting, sexual relationships and participation in leisure activities [54]. Furthermore, patients with LBP experience more restrictions when performing all their physical activities including self-cleaning and dressing as compared to those without LBP [99].
Chapter Six: Limitation of the study

The limited sample was taken from conveniently selected study setting and sample was selected by following non-probability sampling strategy, which does not represent the population. Therefore, the result of the study can not be generalized.

This cross sectional study represents the association between LBP of the last 12 months and demographic variables. However, it does not show any causal relationship.
Chapter Seven: Recommendation

There are a lot of articles throughout the world regarding low back pain (LBP), but there were limited access to some international journals and articles. There is a scarcity of available studies regarding LBP among female caregivers of physically disabled children, especially children with cerebral palsy (CP). Still there is no study in Bangladesh regarding this. This limited amount of data arouses the necessity of conducting a study at a large scale in Bangladesh.

The authority of government and non-government organizations must come forward to sort out the necessity and take effective measures. Both the government and non-government organizations like hospitals, clinics, rehabilitation centers, research institutes, organizations working on disability etc. have to take initiatives to conduct further studies at a large scale regarding LBP among female caregivers of children with CP in Bangladesh.

This study showed the association of LBP only with demographic factors. Further studies should consider physical, psychosocial, environmental factors having association or not with LBP. Moreover, it will be better to find out the causal relationship between LBP and different factors (demographic, physical, psychosocial and environmental). Prevention, intervention and outcome regarding LBP shall be considered for future studies.

Bangladesh Occupational Therapy Association (BOTA) is the one and only representative association of Occupational Therapy (OT) in Bangladesh. BOTA can raise awareness to the appropriate authority and general people about the impact of LBP on taking care of their own children with cerebral palsy and in managing their everyday life by liaising with the proper channels, arranging workshop, seminar etc. to prevent and receive proper ergonomic intervention.

Occupational Therapy supports those who are restricted in their everyday life and offers them counseling, techniques to conserve energy; assistive technology, if needed; alternative ways of functioning; advice and training in undertaking daily activities such as bathing, dressing, eating, participating in a favorite hobby; strategies to reprioritize tasks to improve life balance on the basis of Occupational Health and Safety and Ergonomics concerns.
Chapter Eight: Conclusion

Low back pain (LBP) is a major problem all over the world and chronic LBP is the cause of disability. In this study, the prevalence of LBP is reasonable among female caregivers, mainly mothers. Beside this, most of the female caregivers had moderate disability and least of them had minimal disability due to LBP. It is showed that there is a problem due to LBP, which claims to conduct further studies at a larger scale in Bangladesh.

Females have to care for their children, especially children with disabilities. They are the part and parcel of intervention program for their disabled children. Therefore, they need to care for their own health to remain fit. For that reason, they need to take consultancy through Occupational Health and Safety and Ergonomics concerns from occupational therapists regarding caring for their children and managing their everyday life to build an effective family-centered practice.

The proper ergonomic intervention can be provided to the female caregivers of the children with cerebral palsy (CP) through appropriate authority concern. Thus, the children with CP as well as the female caregivers may get their fruitful intervention.

1 By following Vancouver Referencing System through EndNote X4


CARING FOR THE CAREGIVER: WHY YOUR MENTAL HEALTH MATTERS, WHEN YOU ARE CARING FOR OTHERS. In: HEALTH WFFM, editor. Woodbridge VA 22192 USA.


Annex

Annex A

Permission from BHPI

Date: 30th July, 2012

To
The Course Coordinator,
Department of Occupational Therapy,
BHPI, CRP, Savar, Dhaka-1343.

Subject: An application for seeking permission to conduct the research project.

Sir,

I beg most respectfully to state that I am Fatema Khanam, a student of Bachelor of Science in Occupational Therapy course (4th year) from Bangladesh Health Professions Institute (BHPI), the academic institute of Centre for the Rehabilitation of the Paralyzed (CRP), Savar, Dhaka-1343, Bangladesh. I am seeking permission to conduct the research project in regards to partial fulfillment of requirements for the Bachelor Degree. My research title is “Prevalence of Low Back Pain and its impact on everyday life among female caregivers of Children with Cerebral Palsy” and the aim is to find out the prevalence of low back pain and its impact on everyday life among female caregivers of children with cerebral palsy. It is also mentioned that anything of the project will not be harmful for the study subjects and unfavorable for the study setting.

May I, therefore, pray and hope that you would be kind enough to grant me the permission and approve me to conduct the research project further and thus it will facilitate me to conduct a fruitful study as a part of my course and oblige thereby.

I remain

Sir,

Fatema Khanam
Bachelor of Science in Occupational Therapy, 4th year
Department of Occupational Therapy
Bangladesh Health Professions Institute (BHPI)
The academic institute of
Centre for the Rehabilitation of the Paralyzed (CRP)
Chapain, Savar, Dhaka-1343, Bangladesh.

Attachment: Proposal of research project.

<table>
<thead>
<tr>
<th>Signature and comments of the supervisor</th>
<th>Signature and comments of the Course Coordinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recommended</td>
<td>Project can be approved. Due permission and adjustments are need considered (if necessary)</td>
</tr>
<tr>
<td>Md. Monjurul Habib</td>
<td>Mohammad Mosayed Ullah</td>
</tr>
<tr>
<td>Lecturer in Occupational Therapy</td>
<td>Assistant Professor and Course Coordinator</td>
</tr>
<tr>
<td>Department of Occupational Therapy</td>
<td>Department of Occupational Therapy</td>
</tr>
<tr>
<td>BHPI, CRP, Savar, Dhaka-1343.</td>
<td>BHPI, CRP, Savar, Dhaka-1343.</td>
</tr>
</tbody>
</table>

20.7.2012
Annex B

Permission from Paediatric Unit

Date: 2nd October, 2012

To
The In-charge,
Paediatric Unit,
CRP, Savar, Dhaka-1343.

Subject: An application for seeking permission to conduct data collection for the research project.

Madam,

I beg most respectfully to state that I am Fatema Khanam, a student of Bachelor of Science in Occupational Therapy course (4th year) from Bangladesh Health Professions Institute (BHIP), the academic institute of Centre for the Rehabilitation of the Paralyzed (CRP), Savar, Dhaka-1343, Bangladesh. I am seeking permission to conduct data collection at Paediatric Unit (Inpatient) for my research project in regards to partial fulfillment of requirements for the Bachelor Degree. My research title is “Prevalence of Low Back Pain and its impact on everyday life among female caregivers of Children with Cerebral Palsy” and the aim is to find out the prevalence of low back pain and its impact on everyday life among female caregivers of children with cerebral palsy. It is also clearly mentioned that during data collection, anything will not be harmful for the study subjects and unfavorable for the Paediatric Unit.

May I, therefore, pray and hope that you would be kind enough to grant me the permission to conduct data collection for the research project which will facilitate me to carry out a fruitful study as a part of my course and oblige thereby.

I remain
Madam,

Fatema Khanam
Bachelor of Science in Occupational Therapy, 4th year
Department of Occupational Therapy
Bangladesh Health Professions Institute (BHIP)
The academic institute of-
Centre for the Rehabilitation of the Paralyzed (CRP)
Chapain, Savar, Dhaka-1343, Bangladesh.
Screening Form in Bengali

গবেষণার নিবন্ধন: সেরেব্রাল পলসের মহিলা যৌবনকালীনের পিছনে নিচের অংশের বেদনার প্রাদুর্ভাব এবং প্রতিদিনের জীবনের প্রভাব।

ক্লিনিক এর তারিখ:
অংশগ্রহণকারীর নাম:

১. বাচ্চার বয়স কি ২ বছরের নিচে?
   
   ১. হাঁ  ২. না

২. আপনার কি পিছনে সার্কোজি/আপরেশন হয়েছিল?

   ১. হাঁ  ২. না

৩. আপনার কি পিছনে ভেসেছিল?

   ১. হাঁ  ২. না
Screening Form in English

**Research title:** Prevalence of low back pain and its affect on everyday life among female caregivers of children with cerebral palsy.

Date of screening:

Participant’s name:

1. Is the child’s age is below 2 years?
   - 1 Yes
   - 2 No

2. Did you have back surgery?
   - 1 Yes
   - 2 No

3. Did you have back fracture?
   - 1 Yes
   - 2 No
Information Sheet and Consent Form in Bengali

তথ্য পত্র

আমি ফাতেমা খানম, বাংলাদেশ শেখ প্রফেসর ইসলামিয়া ইনস্টিটিউট (সি এইচ পি আই), পক্ষাঘাতকারীর পুনর্বাসন কেন্দ্র (সি আর পি)-র একটি পিছ্যা প্রতিষ্ঠান, চাপাই, সাভার, ঢাকা-১৩৪৩, বাংলাদেশ-এর অকুপশাল ধর্মীয় ছাত্রাবাদ শ্রেণীর একজন ছাত্রী। আমি চার বছরের কোষের চূড়ান্ত বছরে আছি।

শ্রেণীর আহিষ্ণু পূর্বতাত্ত্বিক প্রয়োজন ৪র্থ বর্ষের একটি গবেষণা কর্ম-পরিকল্পনা পরিচালনা করা বাধ্যতামূলক। আমি আমার গবেষণায় অংশগ্রহণ করার জন্য আপনাকে আমর্ক জানাই। গবেষণার শিরোনামটি হলো “সেরেব্রাল পলসের বাচ্চা মহিলা বর্ষকালীন সিঠের মিশে অংশ্যের বেদনার প্রসিদ্ধ এবং প্রতিদিনের জীবনের উদ্দেশ্যে এই গবেষণা লক্ষ্য হলো সেরেব্রাল পলসের বাচ্চার মহিলা বর্ষকালীন সিঠের মিশে অংশ্যের বেদনার প্রসিদ্ধ এবং প্রতিদিনের জীবনের উদ্দেশ্যে এর প্রতিজ্ঞ জানাতে পারা।

এই গবেষণায় আপনার অংশগ্রহণ প্রয়োজন। যদি আপনি এই গবেষণা থেকে বিজ্ঞানী প্রভাব করার চান, আপনি যে কোন সময় কোন বিষয় ঘটিয়ে তা করতে পারেন। এই গবেষণার দ্বারা আপনি ফিল্ড ন্যাশন বা অনুপ্রেরণার মাধ্যমে এটি হবে না।

একমাত্র আপনি এবং আপনার বাচ্চার বাস্তবতার বিষয়ের উপর দলিল রাখা এবং ব্যবহার করা হবে এ গবেষণার উদ্দেশ্যে। আপনার অংশগ্রহণের জন্য আপনাকে আমর্ক সুবিধা প্রদান করা হবে না।

গবেষণার গবেষণার চালকৃতিতে প্রতিদিন ঘটে হারীনারায়ন বাহায় রাখবেন। আপনার অনুমতি হবে, আপনি যে তথ্য বিশেষ দিয়েন তা কখনোই ব্যবহার করা হবে না।
সম্প্রতিপক্ষ

পরিপূর্ণ করা হবে যাদের দ্বারা:

ক. অংশগ্রহণকারী (যদি অংশগ্রহণকারী নিষিদ্ধ হয়/প্রত্যাখ্যাত হয়ি যদি অংশগ্রহণকারী অনিষিদ্ধ হয়)

১. আপনি কি তথ্য প্রদান করেছেন/জেনেছেন?
ন/হ

২. এই গবেষণা আলোচনা এবং কোন প্রশ্ন জিজ্ঞাসা করতে আপনার কি দৃশ্য হয়েছে?
হ/ন

৩. আপনি কি আপনার সকল প্রশ্নমূলক সন্দেহজনক উত্তরসমূহ পেয়েছেন?
হ/ন

৪. গবেষণা সম্পর্কে আপনি কি ব্যাপ্ত তথ্য প্রাপ্ত করেছেন?
হ/ন

৫. গবেষণাটি কি আপনার কাছে বায়ায় করা হয়েছিল?
হ/ন

৬. কোন কারণ দেয়া যায় যে কোন সময় গবেষণা থেকে প্রত্যাহার করায় আপনি যাচিন, এটা কি আপনি বোঝেন?
হ/ন

৭. গবেষণার আপনার থেকে যে তথ্য সংগ্রহ করবে তা অন্য সহযোগী গবেষক দ্বারা পরীক্ষিত হবে পারে। যাহাকে, সকল বিশ্লেষণ বিবর্ধন সর্বোচ্চ (প্রাপ্ত) হিসেবে পরিলক্ষন করা হবে। এই বিশ্লেষণের আপনার বিবর্ধনসমূহ গবেষণার জন্য আপনি কি উপেক্ষা দিয়েছেন?
হ/ন

৮. আপনি আপনার নিম্নাংশে আঁকো কি পার্শ্ব সময় পেয়েছেন?
হ/ন

৯. এটি গবেষণায় সংগ্রহ করতে আপনি কি সম্মত?
হ/ন

অংশগ্রহণকারীর নাম/প্রস্তাবনাম: ___________________________ তারিখ: ___________________________

প্রত্যাখ্যাত প্রাপ্ত নাম/প্রস্তাবনাম: ___________________________ তারিখ: ___________________________

খ. গবেষণার নিয়ম

আমি গবেষণাটি উপরের অংশগ্রহণকারীকে যথাযথভাবে বান্ধব করেছি এবং এই গবেষণায় সংগ্রহ করতে সে তার ইচ্ছা নির্দেশ করেছে।

গবেষকের নাম: ___________________________ তারিখ: ___________________________
Information Sheet and Consent Form in English

Information Sheet

I am Fatema Khanam, a student of the Bachelor of Science in Occupational Therapy course of Bangladesh Health Professions Institute (BHPI), the academic institute of Centre for the Rehabilitation of the Paralyzed (CRP), Chapain, Savar, Dhaka-1343, Bangladesh. I am in my final year of the 4-year course. In regards to partial fulfillment of requirements for the Bachelor Degree, it is obligatory to conduct a research project in 4th year. I would like to invite you to take part in my study. The research title is “Prevalence of low back pain and its affect on everyday life among female caregivers of children with cerebral palsy” and the aim is to find out the prevalence of low back pain and its affect on everyday life among female caregivers of children with cerebral palsy.

Your participation in this study is voluntary. You are not obliged to participate at all. If you want to withdraw from the study, you may do so at any time without any hesitation. You will not be harmed or disadvantaged by the study.

Only you and your child’s personal details (not including your and child’s identity such as name) and answers of the questionnaire will be documented and used for the study purpose. You will not be paid for your participation.

The researcher will maintain confidentiality of all proceedings. Without your permission, the data provided by you will never be used.
Consent Form

To be completed by the:

A. Participant (if participant is literate)/Witness (if participant is illiterate)

1. Have you read the information sheet? Yes/No
2. Have you had an opportunity to discuss this study and ask any question? Yes/No
3. Have you had satisfactory answers to all of your questions? Yes/No
4. Have you received enough information about the study? Yes/No
5. Was the study explained to you? Yes/No
6. Do you understand that you are free to withdraw from the study at any time, without having to give a reason? Yes/No

7. Information collected by the researcher from you might be examined by other research assistants. However, all personal details will be treated as highly confidential. Will you give permission for these individuals to have access to your records? Yes/No

8. Have you had sufficient time to come to your decision? Yes/No

9. Do you agree to take part in this study? Yes/No

Participant’s signature/ thumb-mark: ___________________ Date: _________________
Witness’s signature/ thumb-mark: ___________________ Date: _________________

B. Researcher

I have explained the study to the above participant precisely and she has indicated her willingness to take part in the study.

Researcher’s signature: ___________________________ Date: _________________
Permission of using the Oswestry Disability Index version 2.1a

Subject: RE: 28268_ Translation agreement: The Oswestry Disability Index (ODI)

From: Iliana PETKOVA (ipetkova@mapigroup.com)

To: fk_mily2009@yahoo.com;

Cc: monjurulshagar@yahoo.com;

Date: Tuesday, July 17, 2012 7:20 PM

Dear Fatema,

Thank you for sending the completed and signed translation agreement. May I take this opportunity to remind you that we must receive the original signed User Agreement by post for our records.

I am pleased to send you today the original UK English version of the ODI together with our Linguistic Validation Guidelines. Please read the guidelines carefully before starting to translate. If you have any questions concerning this document, just let me know.

I am also sending you the scoring instructions for the ODI.

Please keep us informed about the progress of your work by sending us electronic copies of all reports documenting the translation process as well as the final translated version.

All the best,

Iliana

Iliana PETKOVA
PRO Information Support
MAPI Research Trust
27 rue de la Villette | 69003 Lyon | France
Tel.: +33 (0)4 72 13 65 75 | Fax: +33 (0)4 72 13 55 73
E-mail: ipetkova@mapigroup.com

Please visit our websites www.mapi-store.com | www.mapi-trust.org | www.proqolid.org | www.mapigroup.com

De : Fatema Khanom Mily [mailto:fk_mily2009@yahoo.com]
Envoyé : samedi 14 juillet 2012 11:51
À : Iliana PETKOVA
Cc : monjurulshagar@yahoo.com
Objet : Translation agreement: The Oswestry Disability Index (ODI)
### Scoring procedure of the Oswestry Disability Index version 2.1a

| Item scaling          | - 6-point Likert Scale
<table>
<thead>
<tr>
<th></th>
<th>- Items are scored on a 0 to 5 scale with 0 indicating no limitation of function due to pain and 5 indicating major functional disability due to back pain</th>
</tr>
</thead>
</table>
| Weighting of items    | - No
|                      | - All items given equal weight |
| Range of scores       | - Range of scores for each item: 0 to 5
|                      | - Range of scores for the index score: 0 to 100% |
| Scoring Procedure     | - For each item the maximum score is 5 [if the first statement is marked, the score = 0; if the last statement is marked the score = 5; intervening statements are scored according to rank(1, 2, 3 or 4)]
|                      | - If all 10 items are completed, the index is calculated by dividing the summed score by the total possible score, which is then multiplied by 100 and expressed as a percentage
|                      | Total score / Total possible score x 100 with:
|                      | Total score = sum of the score obtained for each 10 items
|                      | Total possible score = 50 |
| Interpretation and Analysis of missing data | - If one or more item is missed, the index score is calculated as follows:
|                      | Total score / Total possible score x 100 with:
|                      | Total score = sum of the score of each item answer
|                      | Total possible score = 5 x number of items answered |
| Interpretation of multiple answers for one item | - If more than one box is marked for any item, the highest scoring statement is recorded as a true indication of the patient’s disability.
|                      | - The total score is then calculated as above |
| Interpretation and Analysis of ‘non-concerned’ answers | - If a section is not completed because it is not applicable, the score is calculated as described in “Interpretation and Analysis of missing data” |
## Interpretation of high and low scores of the Oswestry Disability Index version 2.1a

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0% to 20%: minimal disability</td>
<td>The patients can cope with most living activities. Usually no treatment is indicated apart from advice on lifting, sitting posture, physical fitness and diet. In this group some patients have particular difficulty with sitting, and this may be important if their occupation is sedentary.</td>
</tr>
<tr>
<td>21% to 40%: moderate disability</td>
<td>The patients experience more pain and difficulty with sitting, lifting and standing. Travel and social life are more difficult and they may be disabled from work. Personal care, sexual activity and sleeping are not grossly affected and the back condition can usually be managed by conservative means.</td>
</tr>
<tr>
<td>41% to 60%: severe disability</td>
<td>Pain remains the main problem in this group of patients but activities of daily living (i.e., travel, personal care, social life, sexual activity and sleep) are also affected. These patients require a detailed investigation.</td>
</tr>
<tr>
<td>61% to 80%: crippled</td>
<td>Back pain impinges on all aspects of the patient's life both at home and at work. Positive intervention is required.</td>
</tr>
<tr>
<td>81% to 100%: Bed-bound patients</td>
<td>These patients are either bed-bound or exaggerating their symptoms. This can be evaluated by careful observation of the patient during the medical examination.</td>
</tr>
</tbody>
</table>
Annex H

Guidelines to fill up the Oswestry Disability Index (ODI) version 2.1a and the ODI version 2.1a

This questionnaire is designed to give us information as to how your back trouble affects your ability to manage in everyday life. Please answer every section. Mark one box only in each section that most closely describes you today.

Section 1 - Pain intensity
- ○ I have no pain at the moment.
- ○ The pain is very mild at the moment.
- ○ The pain is moderate at the moment.
- ○ The pain is fairly severe at the moment.
- ○ The pain is very severe at the moment.
- ○ The pain is the worst imaginable at the moment.

Section 2 - Personal care (washing, dressing etc.)
- ○ I can look after myself normally without causing extra pain.
- ○ I can look after myself normally but it is very painful.
- ○ It is painful to look after myself and I am slow and careful.
- ○ I need some help but manage most of my personal care.
- ○ I need help every day in most aspects of self care.
- ○ I do not get dressed, wash with difficulty and stay in bed.

Section 3 - Lifting
- ○ I can lift heavy weights without extra pain.
- ○ I can lift heavy weights but it gives extra pain.
- ○ Pain prevents me from lifting heavy weights off the floor but I can manage if they are conveniently positioned, e.g. on a table.
- ○ Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.
- ○ I can lift only very light weights.
- ○ I cannot lift or carry anything at all.

Section 4 - Walking
- ○ Pain does not prevent me walking any distance.
- ○ Pain prevents me walking more than one mile.
• ○ Pain prevents me walking more than a quarter of a mile.
• ○ Pain prevents me walking more than 100 yards.
• ○ I can only walk using a stick or crutches.
• ○ I am in bed most of the time and have to crawl to the toilet.

Section 5 - Sitting
• ○ I can sit in any chair as long as I like.
• ○ I can sit in my favourite chair as long as I like.
• ○ Pain prevents me from sitting for more than 1 hour.
• ○ Pain prevents me from sitting for more than half an hour.
• ○ Pain prevents me from sitting for more than 10 minutes.
• ○ Pain prevents me from sitting at all.

Section 6 - Standing
• ○ I can stand as long as I want without extra pain.
• ○ I can stand as long as I want but it gives me extra pain.
• ○ Pain prevents me from standing for more than 1 hour.
• ○ Pain prevents me from standing for more than half an hour.
• ○ Pain prevents me from standing for more than 10 minutes.
• ○ Pain prevents me from standing at all.

Section 7 - Sleeping
• ○ My sleep is never disturbed by pain.
• ○ My sleep is occasionally disturbed by pain.
• ○ Because of pain I have less than 6 hours sleep.
• ○ Because of pain I have less than 4 hours sleep.
• ○ Because of pain I have less than 2 hours sleep.
• ○ Pain prevents me from sleeping at all.

Section 8 - Sex life (if applicable)
• ○ My sex life is normal and causes no extra pain.
• ○ My sex life is normal but causes some extra pain.
• ○ My sex life is nearly normal but is very painful.
• ○ My sex life is severely restricted by pain.
• ○ My sex life is nearly absent because of pain.
• O Pain prevents any sex life at all.

**Section 9 - Social life**
• O My social life is normal and causes me no extra pain.
• O My social life is normal but increases the degree of pain.
• O Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g. sport, etc.
• O Pain has restricted my social life and I do not go out as often.
• O Pain has restricted social life to my home.
• O I have no social life because of pain.

**Section 10 - Travelling**
• O I can travel anywhere without pain.
• O I can travel anywhere but it gives extra pain.
• O Pain is bad but I manage journeys over two hours.
• O Pain restricts me to journeys of less than one hour.
• O Pain restricts me to short necessary journeys under 30 minutes.
• O Pain prevents me from travelling except to receive treatment.

Result

Your ODI = [ ] %
### Survey Questionnaire in Bengali

#### অংশগ্রহণকারীর নাম:

#### কোড নম্বর:

#### বাচ্চার নাম:

<table>
<thead>
<tr>
<th>পর্ব ক. জমিদারীতে জন্মগ্রহণের তথ্য (টিকি টিকি দিন)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. মহিলা জন্মগ্রহণের বয়স (বছরে):</td>
</tr>
<tr>
<td>2. আগ্রাম বসবাসের প্লাঙ্ক:</td>
</tr>
<tr>
<td>3. মহিলা জন্মগ্রহণের বিবাহিত অবস্থা:</td>
</tr>
<tr>
<td>4. মহিলা জন্মগ্রহণের শিক্ষাগত পদমর্যাদা/অবস্থা:</td>
</tr>
<tr>
<td>5. মহিলা জন্মগ্রহণের পেশা:</td>
</tr>
<tr>
<td>6. বাচ্চার সাথে মহিলা জন্মগ্রহণের সম্পর্ক:</td>
</tr>
<tr>
<td>9. আপনি দৈনিক কত সময় ধরে বাচ্চা খাদ্য নেয়ার কাজসমূহ করেন (ঘটায়)?</td>
</tr>
<tr>
<td>10. বাচ্ছা খাদ্য নেয়ার ক্ষেত্রে অন্যান্য খাদ্য সহায়ী করেন, তার সময়ের হার:</td>
</tr>
<tr>
<td>11. আপনি দৈনিক কত সময় ধরে সূচনালি কাজ করেন (ঘটায়)?</td>
</tr>
<tr>
<td>12. বাচ্চার বয়স (বছরে):</td>
</tr>
<tr>
<td>13. বাচ্চার চিত্র:</td>
</tr>
<tr>
<td>14. বাচ্চার ওজন (কেজি):</td>
</tr>
</tbody>
</table>
১৫. বাচ্চার কোন ধরণের সেরেকুল পলসে?
(ক) শরীরের প্রভাবিত হার অনুসারে:

| ১ | সারোগীক | ২ | ডায়নামিক | ৩ | হেমোজিক | ৪ | পার্যাবলিক |

(খ) শরীরের টেন্সের ধরণ অনুসারে:

| ১ | স্টান্ডার্ড | ২ | রাসিড | ৩ | মিনি এল.টিবিএফ | ৪ | খেটকেড | ৫ | এটালকিক |

পর্ব ৪: পিঠের নিচের অংশের অবস্থার প্রায়োৎসাহ বিবর্ণ
অনুপস্থিতক বাল্ল্য একটি টিক দেয়ার মাধ্যমে উত্তর করুন।

গত ১২ মাসের মধ্যে (যে কাল সময় আপনার কোন নিয়মের ক্ষেত্রে বিস্তস্থান করে না, অর্থাৎ ডঃ সুষম, অস্বাভাবিক আসিমন বা ব্যাধি, অস্বাভাবিক ব্যবহার)

পিঠের নিচের অংশ:

| ১ | হা | ২ | না |

পর্ব ৫- তে আপনার উত্তর যদি “হা” হয়, তাহলে অনুপস্থিতক পর্ব ৬- এর উত্তর করুন।

পর্ব ৬: অস্বাভাবিক প্রতিবেদন সূচক (বিবৃতি ২.২ এ)
আপনার পিঠের নিচের অংশের বিস্তস্থান কিভাবে প্রতিদিনের জীবন পরিচালনা করতে আপনার সামর্থ্যকে প্রভাবিত করে তা জানা যাবে এই প্রস্তাবটি পরিকল্পনা করা হয়।
অনুপস্থিতক লেখালেখি উত্তর দিন। প্রতিটি অংশে প্রত্যেক একটি বাংলা/উচ্চরিত চিহ্নিত করুন যা আজ আপনার অবস্থায় সর্বমাত্র কাজকাজি করা হয়।

অংশ ১- বাচ্চার তীর্থতা

- ☐ এ মুহূর্তে আমার কোন বাড়ি নেই।
- ☐ এ মুহূর্তে বাধা অতিক্রম করে।
- ☐ এ মুহূর্তে বাধা মোটামুটি।
- ☐ এ মুহূর্তে বাধা যথেষ্ট পরিমাণে তীর্থ।
- ☐ এ মুহূর্তে বাধা অতিক্রম করে।
- ☐ এ মুহূর্তে বাধা এমন যে তা করতে তা করতে সর্বপ্রথম যাত্রা।

অংশ ২- ব্যক্তিগত যন্ত্র (ষোড়ানির্দিষ্ট, শাখাক পরিধান ইত্যাদি)

- ☐ কোন ধরনের বাধা দাড়ি আমি আমার নিজের বাণিজ্যিক যন্ত্র নিয়ে যাব।
- ☐ আমি আমার নিজের বাণিজ্যিক যন্ত্র নিয়ে যাব, কিন্তু এটি আমার বাণিজ্যিক যন্ত্র নিয়ে যাব।
- ☐ আমার নিজের যন্ত্র নেওয়া বাণিজ্যিক এবং এ জন্য আমি ধরা ও অসম্ভব অবলম্বন করি।
- ☐ আমার কিছু সাহায্যের দরকার হয়, কিন্তু আমি আমার অর্থকারী বিভিন্ন যন্ত্র নিয়ে যাব।
- ☐ প্রতিদিন আমার নিজের অর্থকারী কাজের জন্য আমার সাহায্য প্রয়োজন হয়।
- ☐ আমি আমার সাহায্য-প্রদান পরিধান করতে পারি না, ষোড়ানির্দিষ্ট করতে শেষ করতে এবং আমি বিরামহাতেই থাকি।
অংশ ৩- উত্তলন

- আমি কোন বাড়িত বাধা দান করে তারী ওজন উত্তলন করতে পারি।
- আমি তারী ওজন উত্তলন করতে পারি, কিন্তু এটা বাড়িত বাধা সৃষ্টি করে।
- ব্যাঘাত কারণ আমি মুখে থেকে তারী ওজন উত্তলন ব্যাঘাত সমুদ্রই হই, কিন্তু যদি এলা সুবিধাজনক অবস্থানে মেহন, টেমিল রাখা হয়, তাহলে আমি তা উত্তলন করতে পারি।
- বাধা আমার তারী ওজন উত্তলন বাধা সৃষ্টি করে, কিন্তু যদি এলা সুবিধাজনক অবস্থানে রাখা হয়, তাহলে আমি হালকা থেকে মাখিয়া ধরের ওজন উত্তলন করতে পারি।
- আমি কেবল অত্যন্ত হালকা ওজন উত্তলন করতে পারি।
- আমি একবারেই কোন কিছু উত্তলন বা বলন করতে পারি না।

অংশ ৪- হাঁটা-চলা

- ব্যাঘাত কারণে আমার যে কোন দূরত্ব হতে সমস্যা হয় না।
- ব্যাঘাত কারণে আমি ১ মাইলের অধিক স্থানে পারি না।
- ব্যাঘাত কারণে আমি ১ মাইলের চার ভাগের এক ভাগের অধিক স্থানে পারি না।
- ব্যাঘাত কারণে আমি ১০০ জনের অধিক স্থানে পারি না।
- আমি কেবল পাঠ বা জুড়ে ব্যবহার করে স্থানে পারি।
- আমি একবারেই কোন কিছু উত্তলন বা বলন করতে পারি না।

অংশ ৫- বসে থাকা

- আমি যে কোন চেয়ের স্থিতি ঘুষি ব্যবহার বসে থাকতে পারি।
- আমি আমার পছন্দের চেয়ের স্থিতি ঘুষি ব্যবহার বসে থাকতে পারি।
- ব্যাঘাত জন্য আমি ১ মিটারের বেশি বসে থাকতে পারি না।
- ব্যাঘাত জন্য আমি ১/২ মিটারের বেশি বসে থাকতে পারি না।
- ব্যাঘাত জন্য আমি ১০ মিনিটের বেশি বসে থাকতে পারি না।
- ব্যাঘাত কারণে আমি মোটেই বসতে পারি না।

অংশ ৬- পাড়ালো

- আমি কোন বাড়িত বাধা দান করে তারী ওজন ঘুষি পাড়াল থাকতে পারি।
- আমি তরকার ঘুষি পাড়াল থাকতে পারি, কিন্তু এটা আমার বাড়িত বাধা সৃষ্টি করে।
- ব্যাঘাত জন্য আমি ১ মিটারের বেশি পাড়াল থাকতে পারি না।
- ব্যাঘাত জন্য আমি ১/২ মিটারের বেশি পাড়াল থাকতে পারি না।
- ব্যাঘাত জন্য আমি ১০ মিনিটের বেশি পাড়াল থাকতে পারি না।
- ব্যাঘাত জন্য আমি একবারেই পাড়াল থাকতে পারি না।

অংশ ৭- মুমালো

- ব্যাঘাত কারণে আমার ধূম ক্ষেপিয়ে বায়েছে হয় না।
- ব্যাঘাত কারণে আমার ধূম মাঝে মাঝে বায়েছে হয়।
- ব্যাঘাত কারণে আমার ধূম ৬ ঘটারও কম হয়।
- ব্যাঘাত কারণে আমার ধূম ৪ ঘটারও কম হয়।
- ব্যাঘাত কারণে আমার ধূম ২ ঘটারও কম হয়।
- ব্যাঘাত কারণে আমি মোটেই মুমাল পারি না।

অংশ ৮- যৌন জীবন (যদি প্রযোজ্য হয়)

- আমার যৌন জীবন যাতায় এমন কেন অভিজ্ঞতা ব্যাঘাত সৃষ্টি করে না।
- আমার যৌন জীবন যাতায় কিন্তু এটা কি কিছুতে অভিজ্ঞতা ব্যাঘাত সৃষ্টি হয়।
- আমার যৌন জীবন প্রয় যাতায় কিন্তু তা অন্য ব্যাঘাত।
• ০ আমার বৌদ্ধ জীবন বাধার কারণে ভীতভাবে সীমাবদ্ধ।
• ০ আমার বৌদ্ধ জীবন বাধার কারণে গ্রহণ অনুপস্থিত।
• ০ বাধার কারণে আমি আলো কোন বৌদ্ধ জীবন যাপন করতে পারি না।

অংশ ১- সামাজিক জীবন
• ০ আমার সামাজিক জীবন ব্যাঘাতিক এবং তা কোন অতিরিক্ত বাধার সৃষ্টি করে না।
• ০ আমার সামাজিক জীবন ব্যাঘাতিক, কিন্তু বাধার পরিমাণ বাড়ায়।
• ০ আমার অধিক শক্তি প্রয়োজনীয় আলোকমুখুক (খয়েল, খেলাধুলা) সীমাবদ্ধ করা দাঁড়া আমার সামাজিক জীবন বাধার ভোকণ কোন ভাব পূর্ণ প্রভাব নেই।
• ০ বাধা আমার সামাজিক জীবনকে সীমাবদ্ধ করেছে এবং আমি প্রায়শই বাইরে যাই না।
• ০ বাধা আমার সামাজিক জীবনকে চূড়ান্ত সীমাবদ্ধ করেছে।
• ০ বাধার কারণে আমার কোন সামাজিক জীবন নেই।

অংশ ১০- দ্রুতণমুখুর বেড়ালো
• ০ কোন ধরণের বাধা ঘটাই আমি যে কোন স্থানে দ্রুত করতে পারি।
• ০ আমি যে কোন স্থানে দ্রুত করতে পারি, কিন্তু এটা অতিরিক্ত বাধার সৃষ্টি করে।
• ০ বাধা অন্যস্থ থাকায়, কিন্তু আমি ৫ ফিট পড়ি দ্রুত করতে পারি।
• ০ বাধা আমার দ্রুতন এক ঘণ্টার সময়ের মধ্যে সীমাবদ্ধ করে।
• ০ বাধা আমাকে ৩০ মিটারের নিচের তর প্রয়োজনীয় দ্রুতনমুখুর সীমাবদ্ধ করে।
• ০ বাধা আমাকে চিকিৎসা প্রস্তুত না থাকে যে কোন ধরণের দ্রুত প্রতিরোধ করে।

ফল: আপনার অসংগঠিত প্রতিবর্তন সূচক = 0%
আপনি অংশগ্রহণের জন্য আপনাকে ধন্যবাদ।
Survey Questionnaire in English

Participant’s name:  
Child’s name:  
Code no.:  

**Section A: Demographic information** (Put the tick mark)

1. Female caregiver’s age (in year): __________

2. Your area of residence:
   - 1 Rural
   - 2 Urban

3. Female caregiver’s marital status:
   - 1 Married
   - 2 Unmarried
   - 3 Widow
   - 4 Divorced

4. Female caregiver’s educational status:
   - 1 Illiterate
   - 2 Under primary school
   - 3 Primary school
   - 4 Secondary school
   - 5 Higher secondary school
   - 6 Graduate
   - 7 Masters
   - 8 Others __________

5. Female caregiver’s occupation:
   - 1 Student
   - 2 Housewife
   - 3 Government employee
   - 4 Non-government employee
   - 5 Self-employee
   - 6 Retired
   - 7 Others __________

6. Female caregiver’s relationship with the child:
   - 1 Mother
   - 2 Grandmother
   - 3 Sister
   - 4 Aunt
   - 5 Others __________

7. Number of children in the family: _____________

8. Family income level in BDT (monthly): __________

9. For how long do you engage in child care tasks daily (in hour)? ____________

10. Percent of time, while others assist with child care:
    - 1 Never (0%)
    - 2 Occasionally (1–24%)
    - 3 Frequently (24–49%)
    - 4 Always (50% or >)

11. For how long do you engage in household daily (in hour)? ____________

12. Child’s age in years: ____________

13. Child’s sex:
   - 1 Male
   - 2 Female

15. Child’s type of cerebral palsy:
(a) According to the parts of the body affected-
   5. Triplegic  6. Quadriplegic
(b) According to the quality of child’s postural tone-

Section B: Estimating the prevalence of low back pain
Please answer by using a tick on the box.

Have you at any time during the last 12 months had trouble (such as ache, pain, discomfort, numbness) in lower back?

1. Yes  2. No

In Section B, if your answer is “Yes” from the above, then please answer the Section C.

Section C: The Oswestry Disability Index version 2.1a
This questionnaire is designed to give us information as to how your low back trouble affects your ability to manage in everyday life.
Please answer every section. Mark one box only in each section that most closely describes you today.

Section 1 - Pain intensity
- ○ I have no pain at the moment.
- ○ The pain is very mild at the moment.
- ○ The pain is moderate at the moment.
- ○ The pain is fairly severe at the moment.
- ○ The pain is very severe at the moment.
- ○ The pain is the worst imaginable at the moment.

Section 2 - Personal care (washing, dressing etc.)
- ○ I can look after myself normally without causing extra pain.
- ○ I can look after myself normally but it is very painful.
- ○ It is painful to look after myself and I am slow and careful.
- ○ I need some help but manage most of my personal care.
- ○ I need help every day in most aspects of self care.
- ○ I do not get dressed, wash with difficulty and stay in bed.

Section 3 - Lifting
- ○ I can lift heavy weights without extra pain.
- ○ I can lift heavy weights but it gives extra pain.
- ○ Pain prevents me from lifting heavy weights off the floor but I can manage if they are conveniently positioned, e.g. on a table.
- ☐ Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.
- ☐ I can lift only very light weights.
- ☐ I cannot lift or carry anything at all.

**Section 4 - Walking**
- ☐ Pain does not prevent me walking any distance.
- ☐ Pain prevents me walking more than one mile.
- ☐ Pain prevents me walking more than a quarter of a mile.
- ☐ Pain prevents me walking more than 100 yards.
- ☐ I can only walk using a stick or crutches.
- ☐ I am in bed most of the time and have to crawl to the toilet.

**Section 5 - Sitting**
- ☐ I can sit in any chair as long as I like.
- ☐ I can sit in my favourite chair as long as I like.
- ☐ Pain prevents me from sitting for more than 1 hour.
- ☐ Pain prevents me from sitting for more than half an hour.
- ☐ Pain prevents me from sitting for more than 10 minutes.
- ☐ Pain prevents me from sitting at all.

**Section 6 - Standing**
- ☐ I can stand as long as I want without extra pain.
- ☐ I can stand as long as I want but it gives me extra pain.
- ☐ Pain prevents me from standing for more than 1 hour.
- ☐ Pain prevents me from standing for more than half an hour.
- ☐ Pain prevents me from standing for more than 10 minutes.
- ☐ Pain prevents me from standing at all.

**Section 7 - Sleeping**
- ☐ My sleep is never disturbed by pain.
- ☐ My sleep is occasionally disturbed by pain.
- ☐ Because of pain I have less than 6 hours sleep.
- ☐ Because of pain I have less than 4 hours sleep.
- ☐ Because of pain I have less than 2 hours sleep.
- ☐ Pain prevents me from sleeping at all.

**Section 8 - Sex life (if applicable)**
- ☐ My sex life is normal and causes no extra pain.
- ☐ My sex life is normal but causes some extra pain.
- ☐ My sex life is nearly normal but is very painful.
- ☐ My sex life is severely restricted by pain.
- ☐ My sex life is nearly absent because of pain.
- ☐ Pain prevents any sex life at all.

**Section 9 - Social life**
- ☐ My social life is normal and causes me no extra pain.
- ☐ My social life is normal but increases the degree of pain.
- ☐ Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g. sport, etc.
- ☐ Pain has restricted my social life and I do not go out as often.
- ☐ Pain has restricted social life to my home.
- ☐ I have no social life because of pain.

Section 10 - Travelling
- ☐ I can travel anywhere without pain.
- ☐ I can travel anywhere but it gives extra pain.
- ☐ Pain is bad but I manage journeys over two hours.
- ☐ Pain restricts me to journeys of less than one hour.
- ☐ Pain restricts me to short necessary journeys under 30 minutes.
- ☐ Pain prevents me from travelling except to receive treatment.

Result: Your ODI = ______ %

Thank you for your participation.