



RADIOLOGICAL ASSESSMENT OF CHRONIC BACKACHE WITH SPECIAL REFERENCE TO PATIENTS ATTENDING KVG MEDICAL COLLEGE AND HOSPITAL SULLIA

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ABSTRACT

Back pains can be classified either as the lower back pains or the upper back pains. He mild lower back pains are usually treated using the conservative approaches while advanced measures are adopted for the acute upper back pains. Among the most common methods that are used to assess the acute back pains include the MRI and plain radiographs. The fundamental aim of these imaging techniques is to identify any progressive neurologic deficits so that the right treatment can be adopted.

KEYWORDS :

Introduction

Acute lower back pain is one of the most common conditions to patients attending KVG Medical College and Hospital. The causes of some of these of these pains are either a muscular or ligamentous injury. However, the cases of severe conditions are on the rise, often indicating neurologic symptoms. The advanced examinations using the imaging technology helps in identifying any cases of, spinal stenosis, intervertebral disk and cauda equine syndrome, which accounts for only 5% of acute back pain case. In most cases, the back pains are deficiency related. The purpose of this research conducted to examine the radiological assessment of chronic backache at KVG Medical College and Hospital.

Literature Review

Radiological assessments for back pains have been in use since the beginning of the last half of the 20th century. Rutten (2016) points out that the use of advanced imaging technology has increased in the 21st century as compared to the other years. This rise can be attributed to the increased awareness of the importance of personal health.

Methods

An evaluation of 30 patients with back pains and from different age groups was carried out using secondary data. The results obtained were then used to formulate a detailed analysis and make the conclusions.

The data used in this research was obtained from secondary sources. Most of this data was provided by KVG Medical College and Hospital. Other sources of the secondary data include the online sources.

Results

1. Most of the patients with acute back pains above 60 years.
2. The patients affected by acute pack pains had a vitamin D deficiency.
3. More than half of the patients with an acute condition were women.

Lower Back Pains Symptoms	Percentage	Number
Pain	91	88
Stiffness	86	66
Radiculopathy	71	89
Muscle spasms	75	86
Burning sensations	48	88

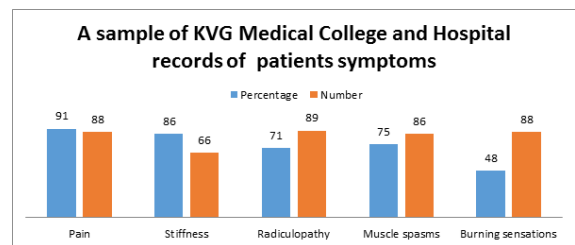


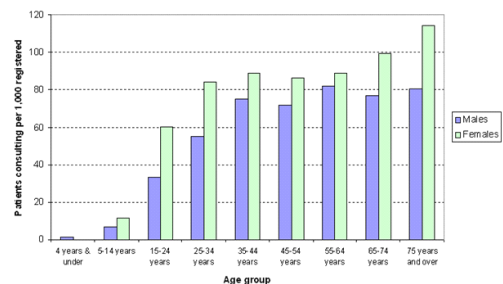
Table 1: A sample of KVG Medical College and Hospital records of patient symptoms

Discussion

The advanced measures of assessing back pains such as the MR imaging are effective at detecting the degenerative changes. Prior studies have indicated that MR imaging has a weak correlation to the presence or the degree of the lower back pains. People with prolonged back pains are at the risk of both physical and psychological dysfunctions. Although the pain might be minimal in some cases, the patients might be unable to receive a multidisciplinary intervention.

Findings

Most of the imaging findings of degenerative spine disease are highly prevalent in the asymptomatic people. However, the most noticeable characteristic of these findings is that there is an increase in prevalence with an increase in age. More than half of the patients who are examined at the hospital are above 60 years old.



Graph 1: Sample results of the relationship between gender, age and back pains

Conclusion

Radiological assessments are necessary for evaluating the nature

and causes of chronic backaches, patients with acute low back pain which are not specific should be subjected to a conservative approach. It should be accompanied by an assessment between four to six weeks after the conservative treatment. The patients should be reassured that the conditions improve to improve the fastening process. On the other hand, the pain associated with spinal stenosis and progressive neurologic deficits should be subjected to the advanced imaging techniques such as MRI/CT.

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