ABSTRACT

Background: Nurses are the health workers who have the highest level of risk for low back pain (LBP) complaints due to repetitive activities at high speed. Nurses have a higher risk than other health workers because they transfer patients every day. Nurses who experience NBP will cause a decrease in the quality of service to patients due to discomfort or limited movement.

Objective: This study aims to determine the relationship between work attitudes during bed transfers with low back pain in the Inpatient IRNA 1 of Dr. Sardjito Hospital.

Method: This study used a quantitative design with a correlational design and *cross sectional* approach conducted in September-October 2024. A total of 189 IRNA 1 nurses at Dr. Sardjito Hospital filled out The Pain and Distress Scale questionnaire to determine complaints of NPB and observer nurses attitudes during bed transfers using the Ovako Work Analysis System (OWAS). The analysis used includes univariate analysis presented in a frequency distribution table and the spearman rank analysis test is used for bivariate.

Result: The results of this study showed statistically between work posture during bed transfer and incidence of NPB in nurses at IRNA I Dr. Sardjito with a p-value of 0.894 and a correlation coefficient value of 0.010 which indicates a very weak relationship. The work posture of nurses when transfers bed falls into categori 3, namely a position with a dangerous effect on the musculoskeletal system (high risk) when transfer beds. Most IRNA I nurses with scores of 20-39 experienc mild low back pain (83.1%). Routine exercise habits a statistical effect on work attitudes and the incidence of low back pain.

Conclusion: There is no relationship between work attitude during bed transfer and the incidence of NPB in nurses at IRNA I of Dr. Sardjito Hospital.

Keywords: work posture, bed transfer, low back pain, inpatient nurses