

Challenges in delivering optimal care for low back pain in Nepal

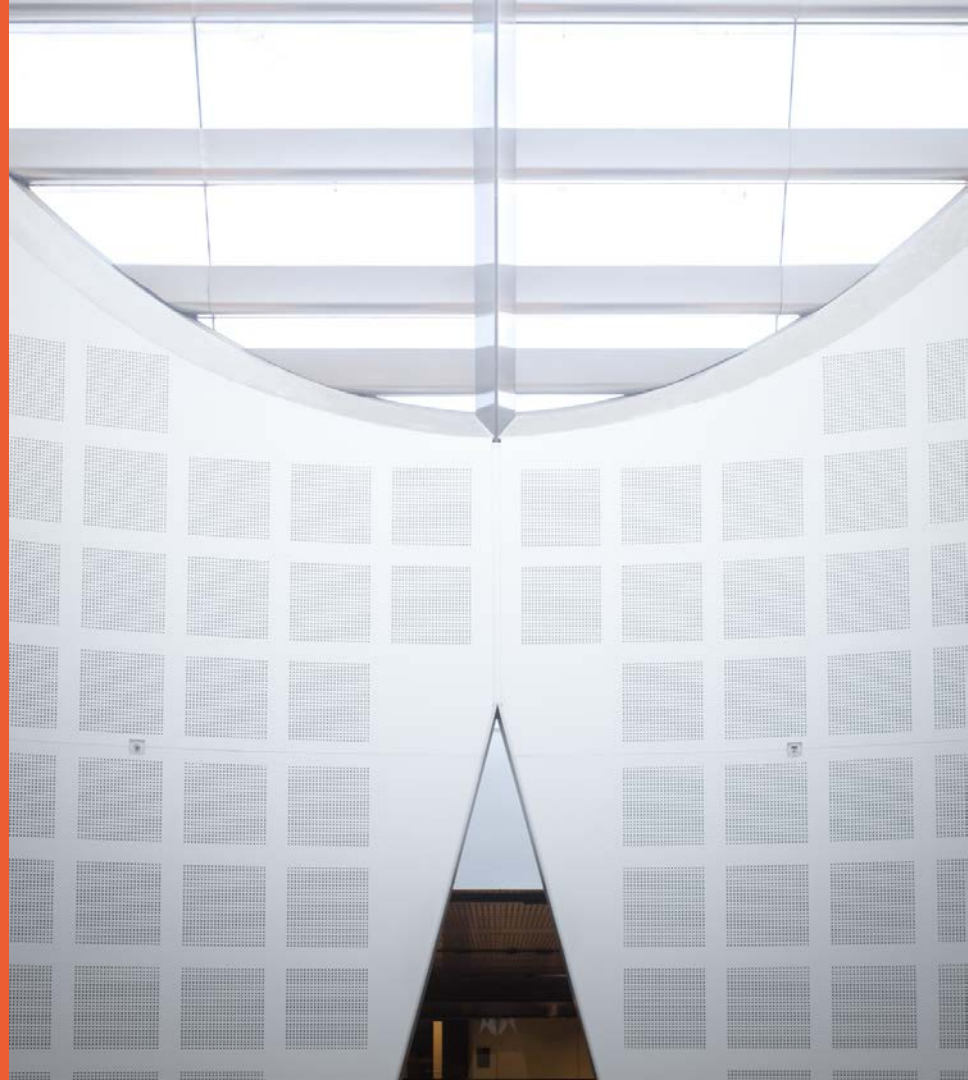
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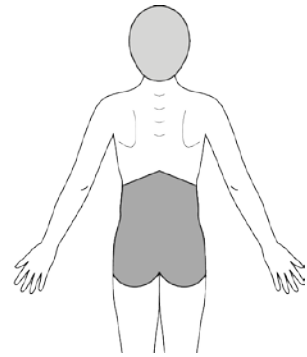
Outline

- Introduction
- Research question
- Methodology
- Findings
- Conclusions
- Policy implications



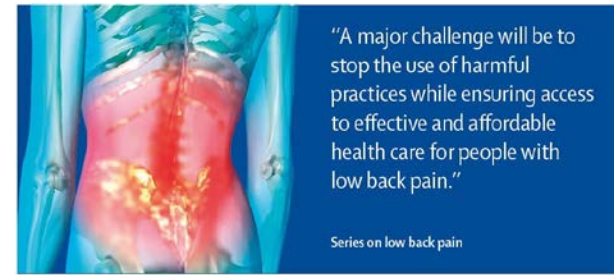
Introduction

- Low back pain is defined as *“pain and discomfort, localized below the costal margin and above the inferior gluteal folds, with or without leg pain”*
(European guideline for prevention of low back pain)
- Low back pain is an extremely common symptom.
- Almost everyone will have low back pain at some point in their lives.



Introduction

- Leading cause of disability worldwide
- 60.1 million DALY in 2015 worldwide; increased by 54% since 1990 (GBD, 2015)
- Most notable increase in low- and middle-income countries
- Health systems not equipped to deal with increasing burden
- Disability will continue to increase if prompt action not taken
- Lancet series on low back pain and WHO commission on NCDs highlighted the need to increase attention



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Research Question

What are the challenges to delivering optimal healthcare to people with LBP in Nepal?



Methodology

- Narrative review
- Searched PubMed and Web of Science.
- Reference for appropriate care- 2018 Lancet LBP series.

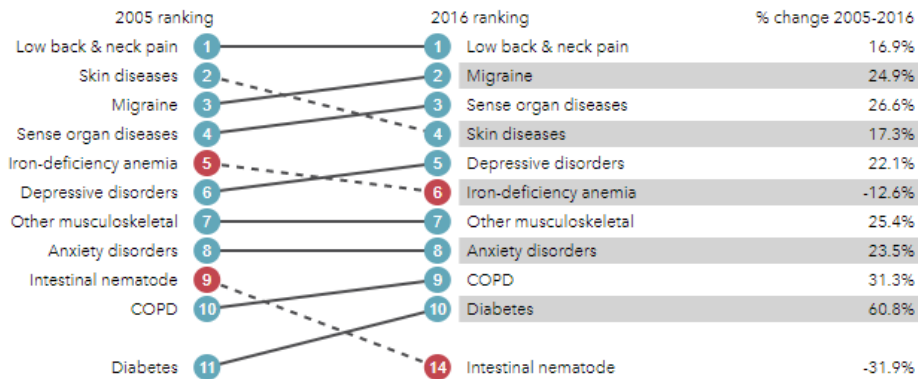
Findings



Global burden of disease data from Nepal

What health problems cause the most disability?

- Communicable, maternal, neonatal, and nutritional diseases
- Non-communicable diseases
- Injuries



Top 10 causes of years lived with disability (YLDs) in 2016 and percent change, 2005-2016, all ages, number

<http://www.healthdata.org/nepal>

Findings





The Nepal NCDI
Poverty Commission
*An Equity Initiative to
Address Noncommunicable
Diseases and Injuries*
National Report – 2018

THE NEPAL
NCDI
POVERTY
COMMISSION
*Reframing Noncommunicable Diseases
and Injuries for the Poorest Billion*



Priority NCDI conditions for expansion of services

Disease Category	Prioritized Disease/condition
Respiratory	Asthma
Respiratory	Chronic obstructive pulmonary disease
Cardiovascular	Ischemic/hypertensive heart disease and stroke
Cardiovascular	Rheumatic heart disease
Endocrine	Diabetes mellitus
Cancers	Cervical cancer
Cancers	Breast cancer
Cancers	Pediatric leukemias and lymphomas
Mental Health	Major depressive disorder
Mental Health	Anxiety disorders
Mental Health	Self-Harm
Neurologic	Epilepsy
Congenital	Congenital heart anomalies
Congenital	Sickle cell disorders
Liver	Cirrhosis and other chronic liver diseases due to hepatitis B
Liver	Cirrhosis and other chronic liver diseases due to alcohol use
Renal	Chronic kidney disease due to hypertension
Surgical	Paralytic ileus and intestinal obstruction
Injuries	Motor vehicle road injuries
Injuries	Pedestrian road injuries
Injuries	Fire, heat, and hot substances
Injuries	Exposure to forces of nature
Injuries	Falls
Injuries	Motorcyclist road injuries
Injuries	Venomous animal contact

Table 4: Selected priority NCDI conditions for expansion of services and interventions
(Source: Nepal NCDI Poverty Commission)

Conclusions

- Integrating low back pain programs with existing services
- Public health programs with key evidence-based messages
- Peer education targeting physical activity
- Training healthcare professionals

Conclusions

- 2018 being the year to address NCDs, now is the time to prioritise low back pain in Nepal and other low- and middle-income countries.

Policy Implications

- Findings explain the increase in disability burden in Nepal
- Greater focus and investment needed
- Strategies discouraging overuse of wrong care; promote access to right care

Acknowledgments

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Thank you!



Picture courtesy: <https://www.theodysseyonline.com/10-reasons-go-to-nepal>