

Assessment of relationship between lifestyle and risk of carpal tunnel syndrome among patients who referred to Imam Hospital of Urmia in ۲۰۰۹

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Abstract

Background: CTS is a type of neuropathy, usually caused by trauma, compression, or entrapment, in which lifestyle have a great influence on its affliction. Considering the importance of lifestyle and its impact on upper limb discases e.g. CTS, this study carried out in order to assessment of relationship between lifestyle and CTS in ۱۳۸۷-۱۳۸۸.

Method: This descriptive – correlation study conducted on ۷۵ clients with CTS. The samples selected based on purposive sampling approach and defined criteria. Data collected using a researcher made questionnaire consisted of two parts: Demographic and life style questionnaires. The Validity was assured using face and content validity and the reliability was assured using test-re test method. The data were entered into SPSS ۱۳. Soft ware and analyzed using descriptive and analytic statistics (Rho spearman correlation, Chi square, and Mann U whitny) at $p < 0.05\%$.

Findings : result of this research indicate that healthy lifestyle has meaningful relationship with diet regime e.g. consumption of daily-products ,vegetable and fruits ($p=0.000$) and physical activity($p=0.016$) .while there was a reverse correlation between smoking and lifestyle manner($p=0.049$).

Conclusion: Since the lifestyle manner of people (inappropriate diet, smoking, and inappropriate physical activity) have a great influence on affliction of CTS, it is quite possible to prevent CTS by lifestyle modification and education.

Keywords: lifestyle, carpal tunnel syndrome.