

**Abstrakt Aj:**

The main goal of my thesis was to confirm high prevalence of back pain among nursing staff, to find the most frequent location of the pain, to determine if nurses have sufficient quantity of tools for manipulation with immobile patients and if they are trained to use these tools. In addition I revealed their relaxation techniques and other preventive measures and their own suggestions for optimal back pain prevention.

In my diploma paper I described basic knowledge about human kinetic system as well as main causes, clinical presentations and therapy of back pain. I mentioned characteristics of different pain syndromes. The paper also contains information about the “school of back”, ergonomics, kinesthetics and about impact of heavy manual labor of nursing job.

Source data for my thesis were obtained from textbooks, papers and other scientific material and from questionnaires. Proper research was conducted by quantitative analysis using anonymous questionnaires.

In evaluated group of nurses the back pain was present in 79%. The most frequent was low-back pain occurring after day shift. Sufficient quantity of tools for manipulation with immobile patients was available and nurses were adequately trained for its use during their professional training. The education was usually provided by head nurse. Interviewed nurses would need sufficient number of auxiliary staff, constant presence of physiotherapist in their ward and abundance of advanced equipment and aids. Furthermore, physiotherapy vouchers provided by employer would be appreciated.

**Key words:**

Painful vertebral syndrome

Back pain

School of back

Patient handling

Ergonomics

Kinesthetics