The effects of vitamin D, C, E and zinc supplementation in chronic non specific low back pain

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Objective: We aimed to investigate the effects of vitamin D3, vitamin C, vitamin E and zinc supplements on pain and functional capacity in Chronic Low Back Pain (CLBP). Methods: 20 patients (female/male:10/10) with CLBLP, aged between 28 and 57 years (mean age: 41.25±9.12), participated in the study. Mcgill Pain Questionnaire (MPQ) was used to measure the state of pa ...

Knowledge and associated factors towards post-operative pain management among nurses working at referral hospitals, Ethiopia

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Introduction: Post-Operative Pain (POP) is a common patient problem subsequently surgical procedure. Uncontrolled POP reduces physical, social and overall recovery of the patient. Effective pain management requires faultless knowledge. Objective: To determine Knowledge and its associated factors towards POP management among nurses working in referral hospitals, nort ...