

ABSTRAK

Latar Belakang. *Low Back Pain* (LBP) atau nyeri punggung bawah adalah istilah diagnostik mencakup berbagai patologi yang ditandai oleh rasa sakit dan ketidaknyamanan di bawah *costal margin* dan di atas *inferior gluteal folds*. Berdasarkan *National Health Interview Survey*, LBP secara global mencapai 28,5%, dan di Indonesia mencapai 37% dari jumlah penduduk. Sebesar 85% prevalensi pasien LBP datang dengan keluhan nonspesifik, sehingga perlu pemeriksaan x-ray untuk mengetahui penyebab terjadinya LBP. Penelitian ini bertujuan untuk mengetahui gambaran untuk mengetahui gambaran gambaran foto x-ray lumbal vertebral pada pasien LBP rawat jalan di RSUD Cibabat periode 2019-2022. **Metode.** Penelitian ini menggunakan desain deskriptif retrospektif yang dilaksanakan pada bulan Agustus-Oktober 2023 di unit rekam medis radiologi, saraf dan rehabilitasi medik RSUD Cibabat, menggunakan data sekunder rekam medis dan hasil ekspertise foto x-ray. **Hasil.** Analisis univariat dilakukan menggunakan program SPSS dengan total sampling sebanyak 260 pasien LBP rawat jalan di RSUD Cibabat periode 2019-2022 yang memenuhi kriteria inklusi dan eksklusi. Pasien didominasi oleh perempuan dan kelompok lansia akhir pada rentang 56-65 tahun. Gambaran radiologis yang didapatkan bervariasi, yaitu ditemukan *abnormal alignment*, *degenerative disc*, penyempitan *cartilage*, dan *back spasm*. **Kesimpulan.** Temuan radiologis terbanyak adalah *abnormal alignment* berupa penyempitan diskus dan stenosis foramen intervertebral sebesar 35%, selain itu ditemukan gangguan tulang belakang akibat *degenerative disc* seperti *Spondyloarthrosis*, *Spondylosis*, *Spondylolisthesis*. Penelitian juga menyoroti temuan radiologis lainnya termasuk Skoliosis, osteofit, *Back Spasm*, dan fraktur kompresi. Penelitian ini memiliki keterbatasan, yaitu sampel yang digunakan kurang representatif dan hasil gambaran foto x-ray LBP hanya ditinjau berdasarkan ekspertise x-ray.

Kata Kunci. *Low Back Pain*, Lumbal Vertebral, X-ray

ABSTRACT

Background. Low Back Pain (LBP) is a diagnostic term that covers a wide range of pathologies characterized by pain and discomfort below the costal margin and above the inferior gluteal fold. Based on the National Health Interview Survey, LBP globally reached 28.5%, and in Indonesia reached 37% of the population. The prevalence of LBP showed 85% patients come with non-specific complaints, so an x-ray examination is needed to find out the cause of LBP. This study aims to determine the description of x-ray of the lumbar spine in outpatient LBP at Cibabat Hospital for the 2019-2022 period. **Method.** This study used a retrospective descriptive design which was carried out in August-October 2023 in the radiology, neurology and medical rehabilitation medical records unit of Cibabat District Hospital, using secondary data from medical records and the results of x-ray photo expertise. **Results.** Univariate analysis was carried out using the SPSS program with a total sampling of 260 outpatient LBP at Cibabat Hospital for the 2019-2022 period who satisfies the inclusion and exclusion criteria. Patients are dominated by women and the late elderly group in the range of 56-65 years. The radiological images obtained were varied, with condition abnormalities in alignment, degenerative discs, cartilage narrowing and back spasms were found. **Conclusion.** The most common radiological findings are alignment abnormalities in the form of disc narrowing and intervertebral foramen stenosis of 35%, in addition to spinal disorders due to degenerative discs such as Spondyloarthrosis, Spondylosis, Spondylolisthesis. The study also drew on other radiological findings including Scoliosis, osteophytes, Back Spasm, and compression fractures. This research has limitations, namely that the sample used is not representative and the results of the LBP x-ray images were only reviewed based on x-ray expertise.

Keywords. Low Back Pain, Lumbar Spine, X-ray