

Knowledge Regarding Osteoarthritis and its Risk Factors Among Lucknow Population

Prince Pappy

Research Scholar, Department of Nursing, Shri Venkateshwara University, Lucknow, India

Abstract: This paper presents an overview on knowledge regarding osteoarthritis and its risk factors among Lucknow population.

Keywords: Osteoarthritis, risk factors

1. Introduction

Osteoarthritis (OA) is the most common type of arthritis in both developed and developing countries. It is a chronic, progressive musculoskeletal disorder characterized by gradual loss of cartilage in joints which results in bones rubbing together and creating stiffness, pain, and impaired movement. The disease most commonly affects the joints in the knees, hips, hands, feet, and spine. The disease is associated with modifiable and non-modifiable risk factors such as obesity, lack of exercise, genetic predisposition, bone density, occupational injury, trauma, and gender.

Osteoarthritis can be classified into two groups primary and secondary. Primary osteoarthritis is a chronic degenerative disease and is related to aging. The water content of the cartilages decreases on increasing age, thus making them more susceptible to degradation. While secondary arthritis usually affects the joints earlier in life due to specific causes such as injury during a job requiring frequent kneeling or squatting for long duration, diabetes and obesity.

Osteoarthritis primarily affects the elderly population. It is a major cause of disability in older adults worldwide. According to World Health Organization (WHO) 9.6% of men and 18.0% of women aged over 60 years have symptomatic osteoarthritis worldwide. 80% of those with osteoarthritis have limitations in movement, and 25% cannot perform their major daily activities of life.

Osteoarthritis is the second most common rheumatologic problem and it is the most frequent joint disease with a prevalence of 22% to 39% in India. OA is more common in women than men. Nearly, 45% of women over the age of 65 years have symptoms while 70% of those over 65 years show radiological evidence of OA.

The prevalence of OA is increasing due to population ageing and an increase in related factors such as obesity, sedentary life style. The physical disability arising from pain and loss of functional capacity reduces quality of life and increases the risk of further morbidity. As highly effective medicinal

management is not available emphasis should be given to preventive aspect of life style measures in the form of healthy diet and exercise. There is an urgent need for the development of strategies to prevent osteoarthritis. So the assessment and identification of osteoarthritis risk factors early in life and through pre- geriatric ages are important steps and will be very helpful in the prevention of the disease and its complications. The aim of this study will be to evaluate the severity of OA and to determine the factors that affect the severity of OA. The study evaluated the awareness of Osteoarthritis among 950 Lucknow people's males and females in multiple area in Lucknow.

2. Methodology

Researcher conducted: A Descriptive cross sectional study from April to June 2016 in different Saudi regions parts of Lucknow to assess the awareness and knowledge of Osteoarthritis among Lucknow population. adult males and females more than 18 years old were invited to participate in the study through an online invitation. All completed online questionnaires were collected in an Excel spreadsheet and exported to the Statistical Package for the Social Sciences (SPSS) file. The questionnaire adopted from winzenberg et al (Osteoarthritis knowledge assessment tool) it is 34 question. that included sociodemographic data, educational level, gender and other questions focusing on general awareness and knowledge about Osteoarthritis. The answer options provided were yes, no, and don't know. Each correct response was given a score of 1 and each one was scored out of a total of 34 A score of 0–17 was considered poor knowledge, more than 17 was good knowledge. Data were analyzed using the SPSS software version 20. Frequencies and percentages were used for each variable. The chi square test was used to study the relationship between variables, and the T-test was used for comparison between means. A p value $p=0.016$.

3. Results

Our study included 950 males (45.5%) and female (55.5%) residents Lucknow city and aged between 18 and 67 years old. Most participants studied at university (78,4%), while 21% of respondents answered that they had a secondary level and out of participants only 0,6 % had an intermediate level of education. The majority of participants have insufficient

awareness of osteoporosis with a percentage of 56.8%. The adequate osteoporosis awareness (score > 9) was low and similar in both genders (35.8% of women vs 37.6% of man) compared to a comparable high inadequate awareness about osteoporosis (score ≤ 17) in 63.2% of women and 64.4% of man. The age categories level of awareness cross tabulation shows that awareness decreases with age, from those who had a better awareness, respondents belonging to the 18-25-year age range are the most aware (66.3%) compared to the rest of age categories. Our results show that among the studied subjects who had a good level of awareness, those who had university degree where the most awarded (82.8%). The use of Chi-square test allowed to show a significant relationship between the level of awareness and the educational level since $p=0.027 < 0.05$

4. Discussion and conclusion

This study assesses the awareness among Lucknow population, A questionnaire was distributed among Saudi population and it included questions to assess the level of knowledge about Osteoarthritis, according to the Osteoarthritis knowledge assessment tool (OKAT) in addition to demographic data .for our knowledge this is the first study include all groups of Saudi population .in Our study included 950 male (44.4%) and female (55.6%) residents in Kingdom of Saudi Arabia and aged between 18 and 67 years old. Most participants studied at university (78,4%), while 21% of respondents answered that they had a secondary level and out of participants only 6 had an intermediate level of education .the majority of participants have insufficient awareness of Osteoarthritis with a percentage of 63,8% .The adequate Osteoarthritis awareness (score > 9) was low and similar in both genders (35.8% of women vs 37.6% of man) compared to a comparable high inadequate awareness about Osteoarthritis (score ≤ 17) in 6.2% of women and 64.4% of man so there was no significant difference between awareness and gender. Our results show that among the studied subjects who had a good level of awareness, those who had

university degree where the most a warned (82,8%)also had poor level of awareness, those who had high and intermediate school. other studies had same result. The qualities of our investigation incorporate a legitimate apparatus (OKAT) to survey information about Osteoarthritis. Researcher additionally gathered data about the elements that may influence mindfulness and might utilize it to energize instruction when all is said in done. This issue is identified with Osteoarthritis particularly. Confinements in our investigation incorporate a modest number size, the utilization of an online study that may prompt determination predisposition. We recommend large study to assess the osteoporosis awareness among Lucknow population and make more and more of Osteoarthritis education campaigns in moles and large event to improve awareness about Osteoarthritis.

References

- [1] Barbara's, Medical Surgical Nursing, 9th edition, (2006) Philadelphia, Lippincott William's publishers, Page no. 1236-1238.
- [2] Lewis, The text book of Medical Surgical Nursing, 9th edition, (2009) Philadelphia, Jaypee publishers, Page no.871-892.
- [3] Wright, Jesse H, Recent estimation rates in osteoporosis in Ahmadabad, Journal of osteoporosis and forensic science, 2013, pp. 425-427.
- [4] John Doyle, "A qualitative study of factors influencing osteoporosis in Uganda, Journal of Article Expert, 2016, (14), pp. 720-727.
- [5] Purtez, Sunsan, The effectiveness of STP on osteoporosis in Australia, Journal of Health Trends, 2005, pp. 122-125.
- [6] Wolf AD, Pflieger B (2003): Burden of Major Musculoskeletal Conditions. Policy and Practice. Special Theme-Bone and Joint Decade 2000-2010. Bulletin of the World Health Organization 2003, 81 (9): 646-656.
- [7] National Institute of Health (NIH) (2004): National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS).
- [8] Scott D, Smith C, Lohmänder S, Chard J (2003): Musculoskeletal Disorders.
- [9] Osteoarthritis. Clinical Evidence. The International Source of the Best Available Evidence for Effective Health Care, 10:1402-1430.
- [10] World Health Organization (2003): The Burden of Musculoskeletal Conditions at the Start of the New Millennium. Report of a WHO Scientific Group. WHO, Geneva. Technical Report Series 919.
- [11] Bijlsma JW (2002): Analgesia and the patient with osteoarthritis. Am J Ther, 9(3):189-197.