



Assessment of Health-related quality of life and predictors of risk factors in Patients with Knee Osteoarthritis

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Abstract : Introduction: Osteoarthritis (OA) is the most common type of arthritis found worldwide especially in the elderly. Most patients with OA are poorly assessed and treated within primary care settings. The main aim of this study was to determine the Health-related quality of life (HRQOL) among knee OA patients. Methods: This prospective study comprising of 74 knee OA patients was carried out in orthopaedic department of a tertiary care hospital for a period of 6 months from December to May 2015. The patients were enrolled based on the inclusion and exclusion criteria. Questionnaire based survey short form 36 (SF-36) was given to patients to determine the HRQOL in those patients. Results: Of the 74 patients 55 (74.32%) were women and 19 were (25.67%) men. The average age of patients was 51.7 ± 8.3 years. 50% Of the patients were overweight with average of body mass index (BMI) 29.9 ± 1.9 . The mean score of domains- physical functioning (PF), role limitation due to physical health (RP), emotional well-being/mental health (MH), role limitation due to emotional problems (RE), energy/vitality (VT), social functioning (SF), body pain, general health (GH) was assessed. The physical health status showed a lower score when compared to mental health components. Age was found to be a significant predictor that affects quality of life in OA patients. Conclusion: The OA of knee has an impact on quality of life of patients in those patients with decreased pain tolerance and decreased social activity.

Key Words: Knee Osteoarthritis, HRQOL, Questionnaire based survey.

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