EVALUATION QUALITY OF LIFE IN POST-MENOPAUSAL OSTEOPOROSIS WOMAN WITH ARTHRITIS […]

P20

EVALUATION QUALITY OF LIFE IN POST-MENOPAUSAL OSTEOPOROSIS WOMAN WITH ARTHRITIS OF KNEE

Popovic B.1, Milenovic N.1, Devecerski G.2, Vasic B.1

1 Institute for Rheumatology, High School of Medicine, University of Novi Sad, Serbia
2 Clinic for Medical Rehabilitation, High School of Medicine, University of Novi Sad, Serbia

Key words: osteoporosis, arthritis of knee, quality if life, postmenopausal woman

Introduction
Arthritis of the knee is one specific disease which demand specific way of living which is connected with limitation of movement and some level of physical inactivity which is result as nature of disease. This specific way of living may lead to reduced Bone Mineral Density (BMD) and osteoporoses changes which may influenced on quality of life.
Aim
The aim of study was to establish how reduction of BMD and osteoporosis changes influence on evaluation quality of life in postmenopausal woman with arthritis of knee.

Material and methods

We examined 72 post-menopausal women age 63.2 (40-75) who were in post-menopause more than 12 months. All patients had arthritis of knee which was verified and now in grade II and III of Kellgren & Lawrence radiographic scale. Analysis of BMD was performed with „Sahara" ultrasound osteodesitometry and all patients had T score more than -2.5. We used EQ5D scale for evaluation quality of life.

Results

Average body mass was 77.43 kg (45.5-106.5) and body height was 1.60 cm (1.44-1.75) which was indicated that our patient was globally short female. Average BMI was 32.67 kg/m2 which indicate that we had patient with obesity grade I, but there was no statistically significant correlation between obesity and self evaluation of disease, although obesity can reduce daily activity. We found that the 97.1% of our patient had some problem with mobility. Also 67,7% indicate that had some problem with self-care (washing and dressing) activity but they were able to perform this by themselves. We found that 85.3% had no problem with performing their usual activities as housework, family and leisure work. 85.3% of patients reported moderate pain and discomfort and 79.4% reported moderate anxiety and depression. Patients self evaluated their state of health with average value on 56.82. We only found statistically significant correlation (r= 0.465; p=0.006) between self care and self-evaluation which can indicate that that washing and dressing can be main problem for patients which can has the influence on negative evaluation of their state oh health.

Conclusion

Result of self-report of health osteoporosis female with arthritis of knee can indicate not good condition their state of health and at the same time „open the door" for important acting on the field to improve their quality of life.