

The Epidemiological and Clinical Profile among Elderly Population having Polyarthrosis

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ABSTRACT

Introduction: Osteoarthritis (OA) is the most common degenerative joint disease in the elderly. The often multifocal location at this age can be a source of pain, and limitation of everyday activities, thus affecting their quality of life (QOL).

The objective of our work was to establish the epidemiological and clinical profile among the elderly population having polyarthrosis in Tunisia.

Methods: A cross-sectional, descriptive study was done in 2017. Patients aged 65 years and over were included, and followed for polyarthrosis according to the criteria of Lawrence J.S. A clinical evaluation (anthropometric data, postural examination, and joint assessment) was made.

Results: Fifty patients were included. The mean age was 71 years with a sex ratio of 0.4.

Almost all of our patients had knee osteoarthritis (98% of cases); spinal involvement was in the second position (88%).

Conclusion: With the aging of the Tunisian population, we are faced with an important number of elderly polyarthrotic subjects. It is necessary to identify the factors that may be related to the alteration of the quality of life of patients. Medical monitoring and management will be more intensive and rigorous in this specific population of patients.