

Epidemiological Trends of Patients Admitted in Physical Medicine Ward for Multi-Site Osteoarthritis

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ABSTRACT

Objective: Osteoarthritis is associated with significant disability and high cost for both the individual and society. Quite often, it affects many joints simultaneously in rehabilitation patients.

The aim was to study precise epidemiological trends and burden associated with multi-site osteoarthritis among patients admitted in rehabilitation ward.

Methods: Retrospective study of cases of patients admitted in rehabilitation ward in Kassab Institute of Orthopedics for multi-site osteoarthritis from January to May 2018.

Admission criteria were:

- The persistence of the patient's pain despite well managed external care.
- The need for traction.
- The need for multidisciplinary care.
- The discussion of a surgical procedure.
- Unfortunate socio-economic conditions.
- The need for a fall prevention intervention.

These patients had clinical and functional assessment using valid scales. The diagnosis of osteoarthritis was retained on the basis of radio-clinical arguments.

Results: We have gathered 40 cases. Average age was 62 years old. The association of lumbago and knee pain was the most common. A family history of osteoarthritis was found in 72% of patients. Only 11 patients had physical activity. The associated pathologies were: hypertension, diabetes, hypothyroidism, neuroses (depression, anxiety) and coronary artery disease. 90% of the patients were multiparous; they had all had at least one vaginal delivery. An average BMI of 28 was noted. 70% of patients were obese, 35% of who were morbidly obese. The morphotype associating lumbar hyperlordosis, dorsal hypercyphosis and loosening of the abdominal strap was found in 60% of the patients.

Conclusion: Osteoarthritis is a common condition in multidiseased elderly whose occurrence worsens the functional and sometimes vital prognosis of the patient. Comprehensive care and targeted prevention are therefore of major importance.