

Orthopaedics-2020: Assessment of Osteoarthritis in Muscat: A Review Article-

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Osteoarthritis (OA) is a common disease especially among elderlies, and it has major public health burden and consequences. The aim of the present study is threefold. First is to describe the socio-demographic and clinical profiles of patients suffering from OA in Oman. Second, is to evaluate the indicators of physical quality of life among patients of OA. Third, is to compare between female and male patients in terms of selected clinical characteristics and indicators of physical quality of life

A cross-sectional study was conducted in two polyclinics in Muscat, Capital of Oman, over the period from January to December 2019. Socio-demographics were collected through a structured entry form. A standardized and validated Arabic version of Knee Injury and Osteoarthritis Outcome Score- Physical Function Short Form (KOOSPS) questionnaire has been used to assess the physical disability of patients with knee osteoarthritis. Overall, the study included 213 participants, of them 171 (%) were females and 42 (%) were males. Compared to males, female participants tended to be older in age, less educated, with lower income, and more over weight. The majority had OA for duration

of less than a year. About 12% reported history of trauma. About 22% reported using herbal medicine, and oil preparations constituted for 4.2%. Participants reported a range of indices of physical quality of life. Overall, severe indices were more common among females compared to males. The majority (75%) reported having pain getting out of bed. Having severe pain while getting out of bed was reported by 24% of participants, and it was more reported among females compared to males (22% vs. 12%, P-value 0.02). About 46% reported severe pain while bending, and it was more noted among males compared to females (55% vs. 44%, P-value 0.05). About 19% reported severe pain while kneeling, and it was significantly differential among females compared to males (22% vs. 5%, P-value 0.02). A similar pattern was also reported with severe pain while sitting cross leg.

The study provides a suggestive evidence for increased prevalence of severity of physical quality of life among patients suffering from OA in Oman. The severity of physical quality of life was more prominent among females compared to males