Prevalence andtypes of Osteoarthritis (OA) and associated socio-demographic and co-morbid factors among OA patients attending the Rheumatology Clinic Teaching Hospital, Jaffna

Alexander SLC[1]Nettikumara NANH[1], Kumar R[2], Aravinthan N[3], Coonghe PAD[2]

[1] *Faculty of Medicine, University of Jaffna*
[2] *Department of Community and Family Medicine, Faculty of Medicine, University of Jaffna*
[3] *Teaching Hospital, Jaffna*

Background: Osteoarthritis (OA) is not only a common disease of the aged population, but is also one of the leading causes of disability-causing chronic medical condition. The aetiology of OA is believed to be multi factorial; associated socio-demographic factors and co-morbid factors have been identified. OA is one of the causes of hospitalisation due to various problems with musculoskeletal system and connective tissue. The incidence of OA has been gradually increasing for the last few years. The purpose of this study was to determine the prevalence and types of OA and associated socio-demographic and co-morbid factors among OA patients attending the Rheumatology clinic Teaching Hospital Jaffna.

Methods: Our study design was an institution based descriptive cross-sectional study. The study was carried out at the Rheumatology Clinic of Teaching Hospital Jaffna. Data were collected using an interviewer administered questionnaire. Collected data were analysed by using Statistical package for social sciences (SPSS) 21st Version. Ethical clearance was obtained from the Ethical Review Committee, Faculty of Medicine, University of Jaffna.

Results: The mean age of the participants was 43.79 years with the range of 21-67 years.Among the 158 of OA patients 81% had knee OA, 10.8% hip OA, 8.9% wrist OA, and 3.8% finger OA. Statistically significant relationship was identified between knee OA and religion (Hinduism 89.2%, $p \leq 0.027$) and Underlying inflammatory arthritis (16.4%, $p \leq 0.017$). None of the OA patients were working in upstairs. Among knee OA patients, 96.8% were female and 3.2 % were male. Ninety two point two percentages were Hindus 8.2% Christiansand 1.3% Muslims. Eighty eight point six percentages (88.6%) were unemployed and 11.4% employed. Eighty four point seven percentages (84.4%) had squatting type toilets and 15.6%had commodes. Thirty five point one percentage (35.1%) of knee OA patients were standing for less than 2hours, 44.5% for 2-5 hours12.5 % for 5-8 hours7.9% were standing for more than 8'hours.

Key words: OA patients, types of OA, socio-demographic factors, co-morbid factors