

Evaluation of the quality of life of patients with osteoarthritis

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A - Conception and study design; **B** - Collection of data; **C** - Data analysis; **D** - Writing the paper;
E - Review article; **F** - Approval of the final version of the article; **G** - Other (please specify)

ABSTRACT

Purpose: The tools for measuring objective quality of life include research regarding the conditions of a successful life and life satisfaction. Osteoarthritis (OA) is characterized by progressive degradation and loss of articular cartilage as well as abnormal bone growth and remodeling, located directly under the cartilage. The aim of this study is to answer the question on which level OA patients perceive their quality of life dependent on health.

Material and methods: The Polish version of the HAQ questionnaire, assessing the quality of life over the past week, was used for overall assessment of quality of life. The Polish version of the AIMS-2 questionnaire was used as a specific questionnaire for assessing the health status of patients with osteoarthritis. Surveys were conducted in a group of 240 people.

Results: The quality of life dependent on health is significantly reduced in the group of healthy people

who take painkillers sporadically because of other reasons and in the OA patients group compared to the control group, the same as in the OA patients group compared to the group of healthy people who take painkillers sporadically for other reasons.

Conclusions: According to the answers from the questionnaire, patients with OA seek different forms of improving their quality of life. It is important to change their lifestyle (weight reduction, using a bench-mounted bike, walking stick or walking frame), reducing the surface area of the joints, reducing the defective position of the limb axis. Exercises that increase muscle mass and exercises to improve joint mobility should be introduced. It is advisable to refer the OA patient for physical therapy and/or balneotherapy.

Keywords: quality of life, osteoarthritis, chronic disease