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ORIGINAL ARTICLE

Health-Related Quality of Life in Patients with Osteoarthritis of the Knee attending two Outpatient Clinics in Jos, Nigeria: A Cross-Sectional Descriptive Study

Qualité de Vie Liée à la Santé chez les Patients Souffrant d'Arthrose du Genou et Fréquentant deux Cliniques Ambulatoires à Jos, au Nigeria : Une Étude Descriptive Transversale

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ABSTRACT

BACKGROUND: It appears particularly suitable to measure health-related quality of life (HRQoL) in patients with knee osteoarthritis (OA) because the chronic debilitating nature of this disease likely takes a considerable toll on HRQoL. The study aims to assess the health-related quality of life in patients with symptomatic knee osteoarthritis attending the two outpatient clinics. The study also aimed to determine factors affecting the HRQoL in patients with knee OA.

METHODS: A facility-based, cross-sectional descriptive study using the abbreviated World Health Organisation Quality of Life (WHOQOL-BREF) (26-item) questionnaire was carried out in two out-patient (general and orthopaedic) clinics of the University Teaching Hospital, Jos, Nigeria over two months. The medical assistants, record staff and nurses were involved in recruiting the patients while the family physicians performed the interview.

RESULTS: A total of 120 participants were recruited. The mean age was 58.41±13.03 years and the majority of the respondents were female, constituting 102 (85%) of the participants. The mean body mass index (BMI) was 30.83±7.12 kg/m² and more than half of the participants were obese. The most common associated chronic disease was hypertension, reported by 93(77.5%). A majority, 86(72%) of the respondents reported their overall QoL and General Health (GH) as poor or fair and all the domains (physical, psychological, social relationships, and environmental) of the QoL were low. QoL scores were relatively low for domain due to psychological health and environment with that of psychological health being more severely affected. Epilepsy was found to affect QoL in patients with knee OA (p= 0.022). There was no significant effect of age, sex, educational status, employment status, marital status, and family income on QoL.

CONCLUSION: This study has shown that patients with knee OA attending the outpatient clinics in JUTH, Jos have relatively poor HRQoL with the domain due to psychological health being more severely affected. **WAJM 2023; 40(7): 689–696.**

Keywords: Health-related quality of life, Knee OA, WHOQOL-BREF questionnaire, Outpatient.

RÉSUMÉ

CONTEXTE: Il semble particulièrement approprié de mesurer la qualité de vie liée à la santé (QVLS) chez les patients souffrant d'arthrose du genou, car la nature chronique et débilitante de cette maladie a probablement un impact considérable sur la QVLS. L'étude vise à évaluer la qualité de vie liée à la santé des patients souffrant d'arthrose symptomatique du genou qui fréquentent les deux centres de soins ambulatoires. L'étude vise également à déterminer les facteurs affectant la QVLS chez les patients souffrant d'arthrose du genou.

MÉTHODES: Une étude descriptive transversale basée sur l'établissement et utilisant le questionnaire abrégé de l'Organisation mondiale de la santé sur la qualité de vie (WHOQOL-BREF) (26 éléments) a été réalisée dans deux cliniques ambulatoires (général et orthopédique) de l'hôpital universitaire de Jos, au Nigeria, sur une période de deux mois. Les assistants médicaux, le personnel chargé des dossiers et les infirmières ont participé au recrutement des patients, tandis que les médecins de famille ont mené les entretiens.

RÉSULTATS: Au total, 120 participants ont été recrutés. L'âge moyen était de 58,41±13,03 ans et la majorité des répondants étaient des femmes, constituant 102 (85%) des participants. L'indice de masse corporelle (IMC) moyen était de 30,83±7,12 kg/m² et plus de la moitié des participants étaient obèses. La maladie chronique associée la plus fréquente était l'hypertension, signalée par 93 (77,5 %). Une majorité, 86 (72%) des personnes interrogées ont déclaré que leur qualité de vie globale et leur état de santé général étaient mauvais ou moyens et que tous les domaines (physique, psychologique, relations sociales et environnement) de la qualité de vie étaient faibles. Les scores de qualité de vie étaient relativement bas dans les domaines de la santé psychologique et de l'environnement, la santé psychologique étant plus gravement affectée. On a constaté que l'épilepsie affectait la qualité de vie des patients souffrant d'arthrose du genou (p = 0,022). L'âge, le sexe, le niveau d'éducation, la situation professionnelle, la situation matrimoniale et le revenu familial n'avaient pas d'effet significatif sur la qualité de vie.

CONCLUSION: Cette étude a montré que les patients atteints d'arthrose du genou qui fréquentent les services de consultation externe de l'hôpital JUTH de Jos ont une qualité de vie relativement médiocre, le domaine de la santé psychologique étant le plus gravement touché. **WAJM 2023; 40(7): 689–696.**

Mots-clés: Qualité de vie liée à la santé, Arthrose du genou, Questionnaire WHOQOL-BREF, Consultations externes.

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