

CLINICAL, HEALTH STATUS AND QUALITY OF LIFE ASSESSMENT IN OSTEOARTHRITIS & RHEUMATOID ARTHRITIS PATIENTS

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ABSTRACT:

Objective: Recently, outcome measures have shifted from laboratory markers and radiographic techniques, to measures of health status, pain and patient's satisfaction. We therefore conducted this study, trying to assess functional, health status and quality of life in osteoarthritis and rheumatoid arthritis patients and to evaluate the responsiveness of WOMAC index to various disease parameters.

Subjects and methods: Two hundred and ten rheumatic patients including 105 osteoarthritis patients and 105 rheumatoid arthritis patients took part in this study. They were evaluated using conventional clinical procedures and WOMAC scale.

Results: Demonstrated responsiveness of the WOMAC scale to clinical variables in OA and RA patients. In stepwise linear regression, tenderness and pain free walking distance were the main predictors of the total WOMAC score, while in RA patients the main predictors were duration of disease, pain score, morning stiffness, course of the disease, X-ray grading and functional capacity (HAQ).

Conclusion: WOMAC index is a responsive, multidimensional, reliable and valid outcome measure of health status and quality of life in RA and OA.

INTRODUCTION:

Osteoarthritis (OA) is the most prevalent rheumatic disorder. About 15 % of the world's population is affected by OA, making it one of the most common causes

of chronic disability. OA is of major interest medically and socially. Patients with OA are mainly over 60 years of age, they are becoming an increasingly larger proportion of the population.⁽¹⁾ Because of the rapid increase in the percentage of old-