

5th International Conference on

Family Nursing

June 13-15, 2016 Philadelphia, USA

Determination of parameters affecting life quality of patients with knee osteoarthritis

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Aim: The aim of this study was to determine the life quality of patients with knee osteoarthritis (OA) and affecting parameters on this condition.

Method: This cross-sectional study was conducted between December 2013 and June 2014 with 117 eligible OA patients who were admitted to orthopedics and traumatology outpatient clinic in a training and research hospital and accepted to participate in the study. The data were collected using a descriptive characteristics form and the Quality of Life Scale Short Form (SF-36). Data were analyzed using SPSS for Windows Version 15.00 program pack and $p \leq 0.05$ was accepted as statistically significant.

Findings: Mean age of the participants was 64.15 ± 8.84 years, 90.6% of them were female and the mean BMI was 31.69 ± 4.54 . It is found that the patients older than 65 years, female, single, having lover, educated, having bilateral OA diagnosis, having BMI $\geq 30.00 \text{ kg/m}^2$, having higher grade OA are to have statistically significantly lower scores in some subscales of life quality ($p \leq 0.05$). Presence of chronic disease and state of working were not found to make any significant difference in life quality ($p > 0.05$).

Conclusion: In our study it is found that age, gender, marital status, education level, radiological grade, BMI and bilateralism of OA affect life quality of patients. We recommend making further research with larger sample, assessing more risk factors that will lead better treatment outcomes and quality of life in patients with OA.

Biography

Nursemin Ünal has completed her Master's degree in Nursing from Gazi University Medical Sciences Institute Department of Psychiatric Nursing and currently she is a PhD student in Gülhane Military Medical Academy, School of Nursing, Department of Fundamentals of Nursing. In addition, she is working in Gulhane Military Medical Academy Department of Orthopedics and Traumatology as a Education and Training Nurse.

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