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Changes in self-evaluated functional status of middle-aged women with knee osteoarthritis assessed by the KOOS questionnaire: Three-year follow-up study

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Introduction: Osteoarthritis is a common degenerative joint disease that occurs most often in older people and is more common in women, with its occurrence rising with age. Knee osteoarthritis (KOA) is the most prevalent disease that affects the knee joint and its surrounding tissues.

Objective: To describe the changes in self-evaluated functional status in middle-aged women with KOA, assessed by the knee injury and osteoarthritis outcome score (KOOS) over a follow-up period of three years.

Methods: Community-recruited female individuals (n=127, mean age 47.4±6.0 SD) with KOA were assessed by the KOOS questionnaire at baseline and three-year follow-up. The KOOS questionnaire consists of 5 subscales that were evaluated separately (scored 0–100, whereas a higher score indicating better results): Pain, other symptoms and function in daily living (ADL), function in sport and recreation (Sport/Rec), knee related quality of life (QOL).

Results: Self-reported KOOS questionnaire scores decreased after three-year follow-up. The changes were statistically significant ($p<0.05$) in 3 of the 5 subscales: Sport/Rec ($p<0.001$), ADL ($p<0.01$) and QOL ($p<0.05$). The highest subscale scores at baseline and follow-up were in ADL (respectively 77.2±1.7 SE and 73.9±1.8 SE) and lowest scores in Sport/Rec (respectively 58.7±2.4 SE and 51.0±2.5 SE).

Conclusions: Overall the self-reported functional status of middle-aged women with KOA seems to decrease during a three year period. However, at the individual level, considerable variation occurs.

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