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Study of Knee Osteoarthritis in Type 2 Diabetes Patients and its Impact on Quality of Life

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Free Paper 2, November 10, 2017, 2:15 PM - 3:15 PM

Objectives:

1. To find out the proportion of knee osteoarthritis in patients with type 2 diabetes mellitus
2. To compare the quality of life between Diabetes patients with OA and Diabetes patients without OA

Methods:

This study was a hospital-based cross sectional descriptive study. A total of 273 Type 2 diabetes mellitus patients were selected. American College of Rheumatology (ACR) criteria was used for patient with knee pain after exclusion of inflammatory arthritis. Knee X – rays were performed to whom ACR criteria were met. Quality of life was assessed using Myanmar Quality of Life assessment questionnaire form (M-Qol) in diabetes patients with OA as well as in diabetes patients without OA (age and sex matched control).

Results:

The proportion of OA in diabetes population is 8%. There were 1 male patient and female 20 patients (95.2%). OA was most common in 51-60 year age group (42.9%) and 52.4 % were overweight. 52.4% had duration of diabetes >1 to 5 year. 76.2% were in Grade 3 Kellgren-Lawrence scale (X ray Grading). Mean value of M-Qol score of the case group was 0.86 ± 0.58 and that of control group was 0.2 ± 0.48 . (P value 0.000).

Conclusion:

Not all control diabetes patients have best quality of life.

this study showed that diabetes with OA have negative impact on quality of life especially in physical function and less on mental health. Main concern in OA is not the mortality, but the disability and so, measurement of quality of life is worthy.