

The Relationship between Self-reported Chronic Pain and Pain related Functional Limitations among Geriatric Patients with Osteoarthritis

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Abstract

Chronic pain of older patients with osteoarthritis is a very exhausting complaint for them either physically, socially, emotionally, or economically. Chronic pain has a vital role in determining the functional abilities of geriatric patients with osteoarthritis. **Objective:** Determine the relationship between self-reported chronic pain and pain related functional limitations among geriatric patients with osteoarthritis. **Setting:** Orthopedic outpatient clinics of El Hadara Orthopedic and Traumatology University Hospital, Alexandria, Egypt. **Subjects:** 178 older adults were recruited. **Tools:** Three tools were used for data collection: 1) Socio-demographic and Clinical Data of Geriatric Patients with Osteoarthritis Structured Interview Schedule, 2) Self-Reported Chronic Pain Assessment of Geriatric Patients with Osteoarthritis Structured Interview Schedule, 3) Pain Related Functional Limitations Assessment of Geriatric Patients with Osteoarthritis Structured Interview Schedule. **Results:** More than one half of the study subjects reported greater suffering from chronic pain such as longer duration of chronic pain history, frequent daily pain which persist for longer duration of time and characterized by greater level of severity. Also, the similar percentage of them reported severe level of pain related functional limitations. **Conclusion:** Greater suffering from chronic pain is significantly associated with greater levels of pain related functional limitations among the study subjects. **Recommendations:** Gerontological nurses should assess the geriatric patients for their pain history, and their perceived pain related functional limitations. Gerontological nurses should act collaboratively with the patients and health team members to alleviate the geriatric patients' suffering and pains to enhance their functional abilities and to decrease their functional limitations.

Keywords: Osteoarthritis; Geriatric patients; Functional limitations; Chronic pain; Gerontological nurse.

Introduction

Pain is an important issue for older people as it greatly affects their daily lives⁽¹⁾. Around one half of them suffer from pain⁽²⁾ which induced by highly prevalent medical illnesses, such as arthritis especially osteoarthritis⁽³⁾. Pain is the main predictor of physical, social, and psychological impairments among aged persons. It leads to depressed mood, diminished physical and social functioning, and poor life satisfaction⁽⁴⁾.

Pain is defined as chronic if it persists for more than 3 months duration⁽⁵⁾. In old age, chronic pain involves more than one

site and usually leads to the utilization of greater number of pain relieving drugs, with poor outcomes of interventions, low quality of sleep, and greater emotional problems. Chronic pain usually lasts for several months or years and influences the older adults' daily functional abilities. For many geriatric patients, chronic pain becomes their chief complaint^(5,6).

Osteoarthritis is the most widely recognized type of arthritis and pathological disorders causing chronic pain in older persons. With advanced age, the risk for osteoarthritis is increased⁽⁷⁾, where the joints' cartilage degeneration becomes evident by the age of 80 among

approximately all older people. This disorder commonly affects females more than males and affects mainly the knee, hip, and wrist joints^(8,9). It is associated with degeneration of the joint's cartilage leading to loss of its elasticity, making it more stiff and vulnerable to breakdown. If the condition deteriorates, the bones might rub touching each other, producing extra pain and more loss of function with increasing risk for hospital admission and for high expenditures on health care services. Osteoarthritis in old age is associated with different degrees of functional disability⁽¹⁰⁻¹²⁾.

Most geriatric patients with osteoarthritis experience limitations in performing their daily basic activities and one quarter of them are found to have poor general physical performance. These limitations may be related to either the pathological changes which are associated with the disease, such as morning stiffness, decreased joint movement, crepitation, and muscle weakness, or due to the effect of chronic pain^(12,13).

Pain-related functional limitations are characterized by loss of the capability to perform necessary tasks in any important life domain such as physical, social, emotional, and cognitive function because of pain. For most of geriatric patients, chronic pain can restrain their abilities to do daily activities, like housekeeping, dressing or food preparation. The outcomes of chronic pain on the functional status of older patients diagnosed with osteoarthritis can be wide reaching and overwhelming for them. Pain related functional limitations are supposed to be the chief reasons that geriatric patients look for medical attention^(14,15).

Managing chronic pain differ from the acute pain management where its treatment emphasizes on lowering of pain related functional limitations, reduction of emotional distress and decrease of pain. Managing chronic pain involves a comprehensive approach which is based on

detailed assessment of pain and assessing its effects on functional ability⁽¹⁶⁾.

Assessing chronic pain among geriatric patients with osteoarthritis becomes more problematic for the gerontological nurses in the existence of physiological and pathological changes of aging. In addition, altered pain perception in old age especially after the age 70 may affect the geriatric patients' perception of pain related functional limitations^(16,17).

The association between chronic pain and perceived pain related complaints received little attention from the scientific researches. So, this research aimed to determine this relation.

Aim of the Study

Determine the relationship between self-reported chronic pain and pain related functional limitations among geriatric patients with osteoarthritis.

Research Question:

What is the relationship between self-reported chronic pain and pain related functional limitations among geriatric patients with osteoarthritis?

Materials and Method

Materials

Design: The study followed a descriptive correlational research design.

Setting: The study was carried out at the orthopedic outpatient clinics of El Hadara Orthopedic and Traumatology University Hospital, Alexandria, Egypt. These clinics are specialized in diagnosis and treatment of orthopedic disorders. They are 2 clinics that work five days per week from Saturday to Wednesday from 9 am to 12 pm. The monthly patients' attendance rate is about 280 to 300 older adults (females and males) with orthopedic conditions. Among those patients about 140 to 150 geriatric patients are diagnosed with osteoarthritis. The survey was done by the researchers

depending on the statistical records in these clinics.

Subjects: The study involved 178 geriatric patients diagnosed with osteoarthritis and fulfilling the following criteria:

- Age 60 years and more.
- Suffer from chronic arthritic pain for 3 months and more.
- Able to communicate effectively
- Free from cancer related pain or diabetes mellitus.
- Free from any acute pain conditions such as, surgery, fracture, burn, injury, or dental problems that may alter the study subjects' perception of chronic pain related functional limitations.

The number of the study subjects was estimated using the EPI info 7.0 program according to the following parameters; population size: 300, 5 % possible error and confidence coefficient 95%, and minimal sample size equal 168.

Tools: Three tools were used in the study to collect the necessary data as follows:

Tool I: Socio-demographic and Clinical Data of Geriatric Patients with Osteoarthritis Structured Interview Schedule

Researchers developed this tool based on review of relevant literature to assess the socio-demographic and clinic data of the study subjects as follows;

- Socio-demographic data such as sex, age, marital status and level of education, and place of residence.
- Clinical data such as the current medical history of other health problems rather than osteoarthritis.

Tool II: Self-Reported Chronic Pain Assessment of Geriatric Patients with Osteoarthritis Structured Interview Schedule

This tool was developed by the researchers based on review of relevant literature to assess the history of chronic pain as perceived by the study subjects

within the last week. It included questions related to:

- The duration of chronic arthritic pain in years.
- Sites of pain.
- Type, frequency, duration (per day), and severity of pain.
- Presence of associated symptoms with pain.
- Factors increasing pain intensity.
- Pain management among the study subjects such as consumption of medications and its perceived effectiveness (percentages of its effectiveness to relieve pain ranges from 0% to 100%) and the use of nonpharmacological pain management interventions.

Tool III: Pain Related Functional Limitations Assessment of Geriatric Patients with Osteoarthritis Structured Interview Schedule

This tool was developed by the researchers to assess the degree of functional limitations due to chronic pain as reported by the geriatric patients with osteoarthritis within the last week. This tool covered 8 domains as follows; 1) basic self-care activities such as feeding and dressing, 2) mobility such as walking and transfer, 3) sleeping quality, 4) social relations such as family visits, 5) memorization and mental concentration, 6) instrumental activities either indoor or outdoor activities such as housekeeping and shopping respectively, 7) recreational activities such as practicing hobbies and watching TV, and 8) emotional health and general feeling condition. For each domain, the respondent were asked to indicate to what extent their chronic pain limits their functioning this domain using a three points Likert scale ranged from zero (no limitations), 1 (mild limitations), 2 (moderate limitations) and 3 (severe limitations). By calculating all 8 domains, a total pain related functional limitations index was derived. The higher the score, the

greater the pain related functional limitations. The total score was classified into four levels as follows;

- No pain related functional limitations: take score of zero.
- Mild pain related functional limitations: take score of 1-8.
- Moderate pain related functional limitations: take score of 9-16.
- Severe pain related functional limitations: take score of 17- 24.

Method

- Permission to carry out the study from the responsible authorities from the Faculty of Nursing, Alexandria University was obtained.
- Permission to gather the required data from the head of the study setting was obtained, after being informed about the purpose of the study, the date and time of data collection.
- Tool I was developed by the researchers through reviewing of relevant literature to assess the socio-demographic and clinical data of the study subjects.
- Tool II, III were developed by the researchers based on reviewing the relevant literature to assess the self-reported chronic pain and pain related functional limitations of the study subjects respectively.
- Tools II and III were tested for content validity by seven experts in the related field of the study and the required modifications were done accordingly.
- Tool II and III were tested for reliability. The Cronbach's Coefficient alpha was 0.80 for tool II, and 0.76 for tool III
- A pilot study was conducted on 20geriatric patients who were selected from the study setting and were not included in the study sample. The pilot study aimed to assess the tools for their

clarity and applicability and essential modifications were done accordingly.

- The researchers were available during the time of physical examination of the patients to ensure the medical diagnosis by the attending physician.
- After ensuring the diagnosis of osteoarthritis by the attending physicians, the researchers start to select their study subjects according to the other inclusion criteria
- Geriatric patients with osteoarthritis and who fulfilled the study inclusion criteria were interviewed individually by the researchers in the waiting area of the outpatient clinics to collect the necessary data after explaining the study purpose.

Ethical considerations:

Informed witness consent was obtained from each study subject included in this study after explaining the study purpose. Anonymity and privacy of the study subjects, confidentiality of the collected data and the subjects' right to withdraw at any time were assured.

Statistical Analysis

The collected data were analyzed by computer using the Statistical Package for Social Sciences (SPSS) software version 20. Reliability of the tools was determined by Cronbach's Coefficient alpha. Data were presented by descriptive statistics in the form of frequencies and percentages for qualitative variables, and arithmetic mean and standard deviation for quantitative variables. Comparison of means was done by Student's t test and One Way Analysis of Variance (ANOVA).Significant difference was considered if $p \leq 0.05$.

Results

Table (1) shows that the age of the study subjects ranges from 60 to 85 years and more with a mean age of 65.65 ± 6.56 .

The majority 86.0% of them are young old, 60 to less than 75 years. The table shows that 80.9% of the study subjects are females, 59.0% married, 63.5% illiterate, and 68.5% are housewives. Only 6.2% of the study subjects are current workers. The monthly income as reported by 82.6% of the study subjects is to be inadequate. As regards the place of residence, 60.1% of the study subjects live in urban areas and 88.2% of them are living with their family.

Table (2) indicates that 32.0%, 12.4%, 11.2% of the study subjects suffer from either hypertension, heart diseases, or gastrointestinal disorders respectively.

Table (3) shows that both knees joints, vertebrae, and both ankles joints are the most sites of pain as reported by the study subjects, 73.0%, 43.3%, and 32.6% respectively. Other sites of pain include neck joint 24.7%, and bilateral shoulders joints 14.0%.

The same table shows that 61.8% of the study subjects reported either 1 or 2 sites of pain, while, 30.9%, 7.3% of them reported suffering from pain in 3 to 6 sites or more than 6 sites respectively. Also, 51.1% of study subjects suffer from chronic arthritic pain for more than three years with a mean duration of 4.74 ± 3.55 .

Table (4) indicates that dull aching pain and stabbing pain are the main two types of pain which reported by the study subjects as follows, 39.9%, 16.9% respectively. In addition, the higher percentages of the study subjects experience severe pain intensity 59.0%, frequent pain more than once per day 55.1%, persistence of pain for long duration per day 57.9%.

Regarding factors which increase pain intensity, 79.2%, 59.6%, and 50.6% of the study subjects reported that walking for long distances, standing for long time, and sitting for long periods aggravate their pain respectively.

Furthermore, joints stiffness, headache, and sleep disturbance are the main symptoms associated with pain as reported

by the study subjects as follows, 70.2%, 25.8%, and 22.5% respectively.

Table (5) shows despite that the majority of the study subjects 83.1% consume pain relieving medications and 50% of them reported that these medications are prescribed, 35.4%, and 33.1% of the study subjects reported no or moderate satisfaction with their pain medications respectively due to the occurrence of adverse side effects or their ineffectiveness. The mean score of pain medications' effectiveness as reported by the study subjects is 50.98 ± 31.35 .

Concerning the usage of non-pharmacological pain management among the study subjects, 23.9% of them depend only on medications for relieving their pains, while 28.7%, 21.3%, 20.0%, 19.1% used to relieve their pain by depending on personal assistance of others in managing their daily activities, expressing their feeling about their pain with others, walking or physical exercises, and having a period of rest or sleep respectively.

Table (6) illustrates that all domains of functional status are severely affected by pain as reported by the higher percentages of the study subjects except for basic self-care activities domain. For illustration, self-care activities show either no, simple, or moderate limitations due to pain among 27.0%, 39.9%, and 27.0% of the study subjects respectively.

Regarding the levels of total pain related functional limitations, this table indicates that only 2.2% of the study subjects do not suffer from any pain related functional limitations, while 52.8%, 32.6%, 12.4% of them reported severe, moderate or mild levels of pain related functional limitations respectively with a mean score of 15.63 ± 6.10 .

Table (7) indicates that females study subjects have greater overall pain related functional limitations 16.13 ± 6.05 , and higher levels of emotional, sleep, and mental concentration disturbances related to their pains more than males. The

differences are statistically significant, $p \leq 0.05$.

Moreover, study subjects who are widows show higher pain related concentrations problems more than the others 1.94 ± 0.94 . The difference is statistically significant, $F=5.59$, $p=0.004$.

Table (8) shows that as the duration of suffering from pain increased for more than three years, the study subjects' complaints of the following pain related limitations increased; emotional disturbance 2.30 ± 0.89 , mobility limitations 2.45 ± 0.78 , poor sleep quality 2.22 ± 0.94 , limited performance of instrumental activities 2.29 ± 0.91 , limited participation in recreational activities 2.31 ± 1.04 , and greater overall pain related functional limitations 16.75 ± 5.55 . The differences are statistically significant $p \leq 0.05$.

Furthermore, this table indicates that higher total pain related functional limitations 20.23 ± 2.80 and higher levels of different domains of functional limitations are associated significantly with more sites of pain, 6 joints and more, $p \leq 0.05$.

Table (9) shows that, as the frequency, severity and duration of pain per day increased among the study subjects, their perception of pain related functional limitations is increased and the differences are statistically significant $p \leq 0.05$.

Table (10) illustrates that greater mean scores of pain related functional limitations are significantly associated with greater dissatisfaction of the study subjects with their pain relieving medications. The differences are statistically significant $p \leq 0.05$.

Moreover, study subjects who do not use any non-pharmacological pain measures reported greater mean scores of overall and different domains of pain related functional limitations. The differences are statistically significant $p \leq 0.05$.

Discussion

Osteoarthritis is accompanied with chronic pain, increased medical services utilization and costs, functional limitations, and disability among geriatric patients. To what extent the geriatric patients with osteoarthritis perceive chronic pain as the origin of their functional limitations still in need for more investigations⁽¹⁸⁾.

So, this study aimed to determine the relationship between self-reported chronic pain and pain related functional limitations among geriatric patients with osteoarthritis.

The present study result reveals that osteoarthritis prevails more among females and house wives (table 1). This can be clarified by that, females are liable to more risk factors for osteoarthritis than males. Reduction of estrogen level due to menopause, and increased prevalence of obesity among females are strong predisposing factors for osteoarthritis. Also, house wives have greater responsibilities which necessitate over use of their joints either in their household activities, or their outside home activities such as shopping and using public transportations that may accelerate the process of joints' cartilage degenerations. At the same time, prevalence of illiteracy among those study subjects leads to lack of the necessary knowledge about the energy saving behaviors, joints protection techniques, or healthy life style activities to prevent musculoskeletal disorders. Also, they may perceive their pain as a normal part of aging and ignore the need for medical investigations which accelerate the incidence of the disease among them. This result supports those of Thomas et al. (2004), Srikanth et al. (2005) and Zhang et al. (2010), who reported that women generally are at a greater risk to have osteoarthritis, especially after menopause⁽¹⁸⁻²⁰⁾.

The present study result reveals that young old study subjects are the most affected group by osteoarthritis (table1). This can be interpreted by that, osteoarthritis complications are increased

with ageing with the development of more pain and functional disabilities. So, those patients in older age may have limited ability to go to the outpatient clinics for examination or follow up because of difficult use of public transportation and difficult transfer. So, most of them may depend on going to any pharmacist for prescription of any medication to relieve their pain. As a result, the chance for middle old and old old age groups may be limited to be involved in the present study. Similar result is reported by Muraki et al. in Japan (2009)⁽²¹⁾.

Knee, vertebrae, and ankle joints are the most sites affected with pain as reported by the study subjects (table 3). This can be clarified by that, these joints are weight bearing joints with a greater pressure is applied on these joints' cartilage which will enhance their further degeneration. This result is matching with Peat et al. who reported that common sites of osteoarthritic pain are knee and ankle joints which are associated with low physical functioning⁽²²⁾.

According to the current study finding, females older adults reported higher levels of pain related functional limitations (table7). This result can be clarified by that, the majority of the study subjects are females and more than two third of them are housewives. As mentioned before, housewives and females older adults have greater risk factors for osteoarthritis more than males. These risk factor do not only increase the incidence of this disorder among them, but also accelerates cartilage loss, and increase liability to more complications and disabilities of the disease, which limit their functional activities. Moreover, the pain related functional limitations among female study subjects are mainly related to emotional status, sleep quality, and mental concentration dimensions. These aspects of functional limitations may be related to the nature of female's response to pain in general which is characterized by more emotional involvements. So, emotional disturbance due to pain among the females

study subjects will affect their sleep quality and their mental concentration. This result supports those of Murtagh et al. and Lamb et al. (2004), who reported that females older adults with persistent pain more than 3 months reported higher physical limitations especially in their instrumental activity of daily living (IADL) compared with males^(23,24).

Widows are found in the present study to have greater pain related poor mental concentration and memorization (table7). This may be related to the fact that widows may play their social role beside the role of their lost spouses after their death, having double responsibilities which mean greater load and duties. At the same time, inadequate monthly income, and poor occupational status as reported by the majority of the study subjects may accelerate their suffering. Also, widows may have their coping reserve and emotional tolerance decreased with aging process. Pain can increase their suffering and negatively affect their mental concentration and cognitive function. Crompton (2011) reported that poor monthly income, widowhood, and unemployment in females are associated with higher functional limitations⁽²⁵⁾.

With reference to pain duration, study subjects, who suffer from chronic pain more than 3 years, reported greater pain related functional limitations (table8). This result may due to the negative impacts of chronic pain for long period on the study subjects' immune system, coping reserve, and quality of life. Moreover, chronic pain for prolonged time is associated with prolonged consumption of pain relieving medications which is characterized by its adverse side effects on their functional health. This result support Sharma et al. (2003), Sowers et al. (2011), and Litwic et al. (2013) studies' results⁽²⁶⁻²⁸⁾.

According to the current study finding, it was found that as the number of pain sites increased, the study subjects' functional limitations increased (table 8). This can be justified by that study subjects who suffer

from several joints pains may need extra doses of pain relieving medications which is usually associated with more adverse drug effects. Also, when the study subjects suffer from bilateral and several joints pain, they may cannot act or live independently or move freely due to pain. So, they may limit their activities to prevent episodes of pain which will induce further joint stiffness and functional limitations. This is supported by Jinks et al (2007), Neogi et al. (2013), Cross et al. (2014), who reported that more sites of pain predict greater physical limitations⁽²⁹⁻³¹⁾.

The current study result indicates that as the pain intensity (frequency, duration, and severity) increased, the study subjects' complaints of pain related functional limitations increased (table 9). This may be justified by the fact that greater pain intensity may induce older adults' self-imposed activity limitations to decrease occurrence of pain that is associated with movement. So, their chance to participate in recreational, social, and instrumental activities is limited. Moreover, chronic severe frequent pain may cause the study subjects to lose hope in their pain relieving that induce negative emotional status. The current study result is consistent with the results of other studies done in 2006, 2007, 2008, and 2014⁽³²⁻³⁵⁾.

Regarding the study subjects' satisfaction about their pain relieving medications, it was found that higher pain related functional limitations are significantly associated with lower satisfaction with pain medication (table 10). This result can be clarified by that, study subjects with greater functional limitations may find no need for the consumption of their medications since they do not relieve their pains. The present study result is supported by MacLaughlin et al. who reported that medication noncompliance should be suspected in elders who experience decline in their functional abilities⁽³⁶⁾.

According to the present study result, study subjects who did not practice any non-pharmacological pain management and depend on medications only for pain relieve show higher functional limitations (table 10). This result can be clarified by that, despite the accessibility of several pain medications, the improvements in clinical manifestation of osteoarthritis is not satisfying for most of patients. Inclusion of non-pharmacological interventions will be helpful in controlling osteoarthritis manifestations, insuring clinical stability, decreasing potential drug side-effects, and minimizing functional limitations. Rannou et al. reported that the non-pharmacological measures existing for osteoarthritis aid in the performance of daily activities⁽³⁷⁾.

Conclusion

Based on the present study results, it can be concluded that different self-reporting of chronic pain among the study subjects contributed to a significant variance in their levels of pain related functional limitations. For illustration, higher levels of pain related functional limitations are significantly associated with the following variables; prolonged suffering from chronic arthritic pain for more than 3 years, several sites of pain more than 6 joints, severe frequent pain more than once per day, persistence of pain for long duration of time per day, and managing pain with medication only without any nonpharmacological interventions. Also, greater pain related functional limitations are associated significantly with lower satisfaction with chronic pain medication.

Recommendations

Based on the findings of the present study, the following recommendations are suggested:

- Conducting a comprehensive chronic pain assessment is necessary to determine the degree of geriatric patients' suffering. This will help the gerontological nurses to predict their patients' functional status and their

expected participation in their care plan to manage pain.

- Identification of all factors which may predispose pain or increase its intensity should be evaluated carefully by the gerontological nurses and all attempts should be directed to control these factors to limit the patients' suffering and to limit their functional limitations.
- Educational pain management guidelines for geriatric patients with osteoarthritis should include the safe

use of nonpharmacological pain management interventions, and measures to limit their functional limitations.

- **The future research in this field could include:**

Experimental studies are needed to determine the effect of pain management nursing interventions on functional status of geriatric patients with osteoarthritis.

Table (1): Distribution of the study subjects according to their socio-demographic characteristics

Socio-demographic characteristics	No =178	%
Sex		
Male	34	19.1
Female	144	80.9
Age in years		
Young old age group(60 – <75)	135	86.0
Middle old age group(70 – <85)	22	12.4
Old old age group (≥ 85)	3	1.7
Mean ± SD.	65.65 ± 6.56	
Marital status		
Married	105	59.0
Widow	67	37.6
Divorced	6	3.4
Level of education		
Illiterate	113	63.5
Read and write	30	16.9
Primary education	25	14.0
Secondary education	10	5.6
Occupation prior to retirement		
House wife	122	68.5
Skilled worker	22	12.4
Unskilled worker	22	12.4
Employee	12	6.7
Current work status		
Yes	11	6.2
No	167	93.8
Monthly income		
Enough	31	17.4
Not enough	147	82.6
Place of residence		
Urban	107	60.1
Rural	71	39.9
Living style		
With family	157	88.2
Alone	21	11.8

Table (2): Distribution of the study subjects according to their health history

Health history	No=178	%
Presence of other health problems rather than osteoarthritis[#]		
Hypertension	57	32.0
Heart diseases	22	12.4
Gastrointestinal disorders	20	11.2
Respiratory disorders	11	6.2
Ophthalmological disorders	10	5.6
Hyperthyroidism	5	2.8

[#] More than one answer was given

Table (3): Distribution of the study subjects according to their sites and duration of chronic pain

Sites of pain (n=178)	Unilateral pain		Bilateral pain	
	No.	%	No.	%
Site of pain[#]				
Neck joint	44	24.7	-	-
Shoulder joint	20	11.3	25	14.0
Elbow joint	2	1.2	9	5.1
Wrist joint	3	1.7	19	10.7
Fingers joints	0	0.0	14	7.9
Hip joint	1	0.6	0	0.0
Knee joint	26	14.6	130	73.0
Ankle joints	10	5.6	58	32.6
Toes joints	9	5.1	0	0.0
Vertebrae	77	43.3	-	-
Number of affected sites	No =178		%	
1-2 sites	110		61.8	
3 – 6 sites	55		30.9	
More than 6 sites	13		7.3	
Duration of suffering from chronic pain in years	No =178		%	
1-3 year	87		48.9	
>3 year	91		51.1	
Mean ± SD.	4.74 ± 3.55			

[#] More than one answer was given

Table (4): Distribution of the study subjects according to their pain characteristics

Characteristics of pain	No=178	%
Type of pain		
Dull aching	71	39.9
Stabbing	30	16.9
Throbbing	23	12.9
Tingling	21	11.8
Heaviness	19	10.7
Burning	14	7.9
Severity of pain		
Mild	4	2.2
Moderate	69	38.8
Severe	105	59.0
Frequency of pain		
More than one time per day	98	55.1
Once per day	35	19.7
Some days per week	45	25.3
Duration of pain per day		
Short duration	8	4.5
Moderate duration	67	37.6
Long duration	103	57.9
Factors which increase pain intensity#		
Walking for long distance	141	79.2
Standing for long period	106	59.6
Sitting for long period	90	50.6
Climbing stairs	47	26.4
Carry heavy objects	31	17.4
Cold weather	18	10.1
Symptoms associated with pain#		
Joints stiffness	125	70.2
Headache	46	25.8
Sleep disturbance	40	22.5
Inflammatory signs (hotness, swelling)	31	17.4
Tiredness	19	10.7
Crepitation	19	10.7
Muscles spasm	11	6.2
Numbness	9	5.1
Shortness of breath	5	2.8

More than one answer was given

Table (5): Distribution of the study subjects according to their pain management

Pain management	No=178	%
Consumption of pain relieving medications		
Yes	148	83.1
No	30	16.9
If yes (n = 148)		
Prescribed	89	50.0
Un prescribed	59	33.1
Satisfaction with pain medication (n = 148)		
Not satisfied	63	35.4
Nearly satisfied	59	33.1
Satisfied	26	14.6
Percentage of medication's effectiveness (%) (n=148)		
Min. – Max.	0.0 – 100.0	
Mean ± SD.	50.98 ± 1.35	
Usage of non-pharmacological pain management[#]		
No	51	28.7
Yes , n=127[#]	n= 127	
Personal assistance with daily activities	42	23.6
Express feelings with others	38	21.3
walking and exercises	36	20.0
Rest periods\ sleep	34	19.1
Divert attention	23	12.9
Warm compresses	21	11.8
Elevation of the joints	8	4.5
Joints' support	7	3.9

[#] More than one answer was given

Table (6): Distribution of the study subjects according to their pain related functional limitations (n=178)

Pain related functional limitations	No limitations		Simple		Moderate		Severe		Mean±SD
	No.	%	No.	%	No.	%	No.	%	
Subdomains of pain related functional limitations									
1- Basic self-care	48	27.0	71	39.9	48	27.0	11	6.2	1.12±0.88
2- Emotional status	14	7.9	24	13.5	66	37.1	74	41.6	2.12±0.92
3- Mobility	12	6.7	20	11.2	51	28.7	95	53.4	2.29±0.92
4- Instrumental activities	16	9.0	21	11.8	62	34.8	79	44.4	2.15±0.95
5- Social relations	17	9.6	29	16.3	45	25.3	87	48.9	2.13±1.01
6- Sleep quality	19	10.7	28	15.7	59	33.1	72	40.4	2.03±1.0
7- Recreational activities	25	14.0	20	11.2	40	22.5	93	52.2	2.13±1.09
8- Mental concentration	25	14.0	48	27.0	69	38.8	36	20.2	1.65±0.96
Levels of <u>Total</u> pain related functional limitations	4	2.2	22	12.4	58	32.6	94	52.8	15.63±6.10

Table (7): Relation between socio-demographic characteristics and pain related functional limitations of the study subjects

Socio-demographic characteristics	Self-care	Emotional status	Mobility	Instrumental tasks	Social relation	Sleep quality	Recreational activities	Mental concentration	Total score
	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.
Age									
60 – <75	1.12 ± .90	2.12 ± 0.93	2.25 ± 0.92	2.10 ± 0.96	2.10 ± 1.01	2.04 ± 1.0	2.09 ± 1.10	1.64 ± 0.97	15.46 ± 6.11
70 – <85	1.05 ± 0.72	2.14 ± 0.94	2.50 ± 0.91	2.45 ± 0.86	2.36 ± 1.0	1.91 ± 1.02	2.36 ± 1.05	1.68 ± 0.89	16.45 ± 6.26
≥ 85	2.0 ± 0.0	2.33 ± 0.58	2.33 ± 0.58	2.33 ± 1.15	2.33 ± 1.15	2.67 ± 0.58	2.33 ± 1.15	2.0 ± 1.0	18.33 ± 5.03
F(p)	1.586(0.208)	0.082(0.922)	0.691(0.503)	1.416(0.245)	0.721(0.488)	0.777(0.461)	0.651(0.523)	0.218(0.508)	0.533(0.576)
Sex									
Male	0.91 ± 0.87	1.79 ± 0.95	2.09 ± 1.03	2.09 ± 1.06	1.94 ± 1.07	1.59 ± 1.02	1.88 ± 1.15	1.21 ± 0.77	13.50 ± 5.96
Female	1.17 ± 0.88	2.20 ± 0.91	2.33 ± 0.88	2.16 ± 0.93	2.18 ± 0.99	2.14 ± 0.97	2.19 ± 1.07	1.76 ± 0.97	16.13 ± 6.05
t(p)	1.566(0.119)	2.339* (0.020*)	1.408(0.161)	0.393(0.695)	1.244(0.215)	2.961* (0.003*)	1.474(0.142)	3.089* (0.002*)	2.288* (0.023*)
Marital status									
Married	1.0 ± 0.84	2.03 ± 0.93	2.21 ± 0.94	2.07 ± 0.91	2.10 ± 1.01	1.92 ± 1.01	2.07 ± 1.14	1.46 ± 0.92	14.86 ± 5.94
Widow	1.30 ± 0.90	2.27 ± 0.86	2.37 ± 0.88	2.28 ± 0.95	2.19 ± 0.97	2.21 ± 0.99	2.21 ± 1.01	1.94 ± 0.94	16.78 ± 6.13
Divorced	1.33 ± 1.03	2.17 ± 1.33	2.67 ± 0.82	2.0 ± 1.55	2.0 ± 1.55	2.0 ± 0.63	2.33 ± 1.21	1.83 ± 1.17	16.33 ± 7.61
F(p)	2.570(0.079)	1.392(0.251)	1.191(0.306)	1.138(0.323)	0.213(0.808)	1.691(0.187)	0.455(0.635)	5.590* (0.004*)	2.088(0.127)

t, p: t and p values for Student t-test

F: F value for ANOVA test

*: Statistically significant at p ≤ 0.05

Table (8): Relation between duration and sites of pain and pain related functional limitations of the study subjects

Duration and sites of pain	Self-care	Emotional status	Mobility	Instrumental tasks	Social relation	Sleep quality	Recreational activities	Mental concentration	Total score
	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.
Duration of suffering from pain in years									
1-3 year	1.02 ± 0.86	1.94 ± 0.96	2.11 ± 1.02	2.0 ± 0.98	2.02 ± 1.05	1.84 ± 1.02	1.94 ± 1.11	1.57 ± 0.92	14.46 ± 6.46
>3 year	1.22 ± 0.89	2.30 ± 0.86	2.45 ± 0.78	2.29 ± 0.91	2.24 ± 0.97	2.22 ± 0.94	2.31 ± 1.04	1.73 ± 0.99	16.75 ± 5.55
t(p)	1.495(0.137)	2.596* (0.010*)	2.480* (0.014*)	2.020* (0.054*)	1.448(0.149)	2.588* (0.010*)	2.261* (0.025*)	1.049(0.296)	2.537* (0.012*)
Number of pain sites									
Less than 3 sites	1.01 ± 0.89	1.85 ± 0.99	2.02 ± 0.99	1.88 ± 1.02	1.85 ± 1.07	1.73 ± 1.04	1.85 ± 1.16	1.37 ± 0.95	13.56 ± 6.29
3 – 6 sites	1.31 ± 0.90	2.47 ± 0.60	2.71 ± 0.57	2.53 ± 0.63	2.56 ± 0.71	2.49 ± 0.72	2.53 ± 0.84	2.07 ± 0.84	18.67 ± 4.16
More than 6 sites	1.31 ± 0.48	2.92 ± 0.28	2.77 ± 0.60	2.77 ± 0.60	2.77 ± 0.60	2.69 ± 0.48	2.77 ± 0.60	2.23 ± 0.60	20.23 ± 2.80
F(p)	2.474(0.087)	15.669* (<0.001*)	14.241* (<0.001*)	12.999* (<0.001*)	13.775* (<0.001*)	16.201* (<0.001*)	10.414* (<0.001*)	14.195* (<0.001*)	20.543* (<0.001*)

t, p: t and p values for Student t-test

F: F value for ANOVA test

*: Statistically significant at $p \leq 0.05$

Table (9): Relation between pain characteristics and pain related functional limitations of the study subjects

Pain characteristics	Self-care	Emotional status	Mobility	Instrumental tasks	Social relation	Sleep quality	Recreational activities	Mental concentration	Total score
	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.
Frequency of pain									
More than one time per day	1.30 ± 0.85	2.48 ± 0.71	2.59 ± 0.67	2.45 ± 0.76	2.39 ± 0.87	2.38 ± 0.84	2.40 ± 0.93	1.97 ± 0.91	17.95 ± 4.68
Once per day	1.09 ± 0.95	1.83 ± 0.98	2.09 ± 0.98	2.09 ± 0.95	2.09 ± 0.98	1.83 ± 0.92	2.09 ± 1.07	1.63 ± 0.81	14.71 ± 6.13
Some days per week	0.78 ± 0.79	1.58 ± 0.97	1.78 ± 1.06	1.53 ± 1.04	1.62 ± 1.13	1.44 ± 1.06	1.58 ± 1.23	0.98 ± 0.81	11.29 ± 6.37
F(p)	5.661*(0.004)	20.639*(<0.001)	15.388*(<0.001)	16.963*(<0.001)	9.783*(<0.001)	17.061*(<0.001)	9.632*(<0.001)	20.108*(<0.001)	23.672*(<0.001)
Types of pain									
Heaviness	1.13 ± 0.63	2.09 ± 0.95	2.22 ± 0.80	2.0 ± 0.90	2.0 ± 0.85	2.09 ± 1.08	2.0 ± 1.0	1.70 ± 0.97	15.22 ± 5.44
Dull aching	1.05 ± 0.80	2.05 ± 0.80	2.29 ± 0.78	2.05 ± 0.86	2.10 ± 1.0	1.90 ± 1.0	1.86 ± 1.24	1.57 ± 0.93	14.86 ± 5.35
Throbbing	1.50 ± 0.85	2.43 ± 0.85	2.57 ± 0.65	2.57 ± 0.85	2.29 ± 1.07	2.43 ± 0.94	2.36 ± 1.01	1.86 ± 0.77	18.0 ± 5.32
Tingling	1.07 ± 0.83	2.17 ± 0.95	2.40 ± 0.86	2.23 ± 0.97	2.23 ± 1.07	2.23 ± 0.86	2.33 ± 1.10	1.77 ± 0.90	16.33 ± 5.76
Burning	0.89 ± 1.05	1.79 ± 1.03	2.11 ± 1.10	2.05 ± 0.85	2.21 ± 0.92	1.89 ± 0.99	2.21 ± 0.98	1.58 ± 1.02	14.74 ± 6.30
Stabbing	1.15 ± 0.95	2.17 ± 0.93	2.25 ± 1.01	2.13 ± 1.03	2.10 ± 1.07	1.93 ± 1.03	2.14 ± 1.12	1.59 ± 1.02	15.46 ± 6.74
F(p)	0.839(0.524)	0.881(0.495)	0.550(0.738)	0.802(0.550)	0.242(0.943)	0.922(0.424)	0.520(0.761)	0.326(0.897)	0.676(0.643)
Severity of pain									
Mild	1.0 ± 0.82	1.25 ± 0.96	1.25 ± 0.96	1.25 ± 1.26	1.25 ± 1.50	0.75 ± 0.96	1.0 ± 1.15	0.75 ± 0.96	8.50 ± 8.06
Moderate	0.80 ± 0.85	1.65 ± 1.07	1.81 ± 1.05	1.67 ± 1.05	1.71 ± 1.0	1.62 ± 1.04	1.64 ± 1.06	1.20 ± 0.90	12.10 ± 6.29
Severe	1.34 ± 0.84	2.47 ± 0.62	2.64 ± 0.61	2.50 ± 0.68	2.45 ± 0.88	2.35 ± 0.82	2.50 ± 0.95	1.98 ± 0.85	18.22 ± 4.32
F(p)	8.738*(<0.001)	22.319*(<0.001)	24.868*(<0.001)	21.731*(<0.001)	14.600*(<0.001)	17.202*(<0.001)	18.003*(<0.001)	18.650*(<0.001)	32.003*(<0.001)
Duration of pain per day									
Short duration	0.50 ± 0.76	1.13 ± 0.83	1.38 ± 1.06	1.13 ± 0.99	1.13 ± 1.36	0.75 ± 0.46	1.13 ± 1.36	0.75 ± 0.71	7.88 ± 6.47
Moderate duration	0.91 ± 0.90	1.70 ± 0.97	1.84 ± 1.02	1.75 ± 1.01	1.81 ± 0.99	1.66 ± 1.05	1.75 ± 1.09	1.30 ± 0.94	12.70 ± 6.25
Long duration	1.31 ± 0.83	2.48 ± 0.71	2.65 ± 0.61	2.49 ± 0.74	2.43 ± 0.88	2.38 ± 0.81	2.46 ± 0.94	1.95 ± 0.87	18.14 ± 4.46
F(p)	6.697*(0.002)	24.117*(<0.001)	25.910*(<0.001)	20.921*(<0.001)	13.530*(<0.001)	21.720*(<0.001)	13.968*(<0.001)	15.260*(<0.001)	30.446*(<0.001)
Factors increasing pain									
Walking for long distance	1.18 ± 0.85	2.20 ± 0.88	2.45 ± 0.80	2.31 ± 0.85	2.26 ± 0.98	2.14 ± 0.91	2.28 ± 1.04	1.72 ± 0.94	16.55 ± 5.56
Sitting for long time	1.11 ± 0.87	2.26 ± 0.86	2.40 ± 0.91	2.34 ± 0.91	2.38 ± 0.92	2.18 ± 0.99	2.32 ± 1.04	1.72 ± 1.03	16.71 ± 6.12
Standing for long time	1.11 ± 0.85	2.27 ± 0.83	2.57 ± 0.66	2.35 ± 0.82	2.34 ± 0.95	2.17 ± 0.87	2.36 ± 0.98	1.75 ± 0.92	16.92 ± 5.04
Carry heavy objects	1.06 ± 0.96	2.48 ± 0.72	2.42 ± 0.76	2.35 ± 0.75	2.29 ± 0.86	2.23 ± 1.02	2.42 ± 0.85	1.61 ± 0.99	16.87 ± 4.86
Cold weather	1.33 ± 0.91	2.22 ± 0.94	2.06 ± 1.11	2.06 ± 1.06	2.17 ± 0.99	2.17 ± 1.04	2.11 ± 1.13	1.44 ± 0.98	15.56 ± 5.99
Climbing stairs	1.17 ± 0.79	2.40 ± 0.83	2.66 ± 0.67	2.43 ± 0.83	2.57 ± 0.74	2.21 ± 0.93	2.62 ± 0.74	1.81 ± 0.97	17.87 ± 5.31
F(p)	0.333(0.893)	0.841(0.521)	2.014(0.076)	0.521(0.761)	0.973(0.434)	0.069(0.997)	1.104(0.358)	0.466(0.801)	0.615(0.688)

t, p: t and p values for Student t-test

F: F value for ANOVA test

*: Statistically significant at p ≤ 0.05

Table (10): Relation between chronic pain management and pain related functional limitations of the study subjects

Pain management	Self-care	Emotional status	Mobility	Instrumental tasks	Social relation	Sleep quality	Recreational activities	Mental concentration	Total score
	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.	Mean ±SD.
Satisfaction with pain medication									
Not satisfied	1.24 ± 0.84	2.51 ± 0.64	2.68 ± 0.59	2.62 ± 0.71	2.75 ± 0.65	2.40 ± 0.73	2.71 ± 0.73	2.02 ± 0.85	18.92 ± 4.14
Nearly satisfied	1.03 ± 0.76	2.14 ± 0.73	2.44 ± 0.68	2.27 ± 0.69	2.32 ± 0.80	2.03 ± 0.87	2.31 ± 0.90	1.53 ± 0.82	16.07 ± 4.37
Satisfied	1.35 ± 1.09	1.92 ± 1.16	1.81 ± 1.10	1.54 ± 1.10	1.19 ± 0.69	1.96 ± 1.22	1.27 ± 1.08	1.38 ± 0.98	12.42 ± 6.17
F(p)	1.478(0.231)	6.197*(0.003*)	13.060*(<0.001*)	17.540*(<0.001*)	43.062*(<0.001*)	3.473*(0.034*)	25.689*(<0.001*)	7.164*(0.001*)	18.791*(<0.001*)
Non pharmacological pain management									
Joints' support	1.14 ± 1.21	1.71 ± 0.95	1.43 ± 0.98	1.86 ± 0.69	2.14 ± 0.90	2.0 ± 1.15	2.14 ± 1.21	1.43 ± 0.98	13.86 ± 5.70
Warm compresses	1.14 ± 0.96	1.81 ± 1.08	1.86 ± 0.91	1.71 ± 0.90	1.62 ± 1.02	1.86 ± 0.96	1.81 ± 0.93	1.38 ± 0.86	13.19 ± 5.92
Exercises and mobility	0.94 ± 1.01	1.75 ± 1.11	1.89 ± 1.12	1.83 ± 1.18	1.69 ± 1.06	1.83 ± 1.13	1.58 ± 1.02	1.44 ± 1.05	12.97 ± 6.73
Rest period\ sleep	1.0 ± 0.95	1.82 ± 1.11	2.24 ± 1.02	1.97 ± 1.14	1.82 ± 1.17	2.06 ± 1.18	1.91 ± 1.24	1.59 ± 1.18	14.41 ± 7.74
Nothing	1.21 ± 0.78	2.33 ± 0.87	2.36 ± 0.85	2.24 ± 0.76	2.33 ± 0.87	2.07 ± 0.92	2.33 ± 0.95	1.83 ± 0.82	16.71 ± 5.58
Raising the joints	1.0 ± 0.76	1.88 ± 0.83	2.63 ± 0.74	2.25 ± 0.71	2.50 ± 0.76	2.0 ± 1.07	2.38 ± 1.06	1.13 ± 0.83	15.75 ± 5.52
Divert attention	1.35 ± 0.88	2.04 ± 1.07	2.04 ± 1.02	2.0 ± 0.95	1.83 ± 1.07	1.83 ± 1.15	1.78 ± 1.24	1.70 ± 1.02	14.57 ± 6.73
Express feelings with others	1.32 ± 0.96	2.0 ± 0.93	1.89 ± 0.98	1.82 ± 0.98	1.84 ± 1.03	1.79 ± 1.07	1.76 ± 1.15	1.50 ± 1.03	13.92 ± 6.90
Depend on others for daily tasks management	1.29 ± 1.01	2.0 ± 1.0	2.08 ± 0.96	1.90 ± 0.96	1.82 ± 1.03	2.0 ± 1.06	1.88 ± 1.09	1.59 ± 1.06	14.57 ± 6.72
F(p)	0.763(0.636)	1.141(0.337)	1.723(0.093)	0.886(0.528)	1.799(0.078)	0.344(0.948)	1.556(0.139)	0.797(0.606)	1.014(0.426)
Non pharmacological pain management									
No	1.08 ± 0.76	2.35 ± 0.59	2.70 ± 0.46	2.51 ± 0.69	2.54 ± 0.84	2.22 ± 0.75	2.62 ± 0.76	1.89 ± 0.74	17.92 ± 3.77
Yes	1.13 ± 0.91	2.06 ± 0.99	2.18 ± 0.97	2.05 ± 0.99	2.03 ± 1.03	1.99 ± 1.05	2.0 ± 1.13	1.59 ± 1.0	15.03 ± 6.46
t(p)	0.366(0.715)	2.256*(0.026*)	4.696*(<0.001*)	2.686*(0.008*)	2.796*(0.006*)	1.254(0.212)	3.967*(<0.001*)	2.054*(0.043*)	3.504*(0.001*)

t, p: t and p values for Student t-test

F: F value for ANOVA test

*: Statistically significant at p ≤ 0.05

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