

Abstract

Original Paper

Evaluation of the Coping Strategies Used by Knee Osteoarthritis Patients for Pain and Their Effect on the Disease-Specific Quality of Life

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Abstract

Background: Analyses of pain coping strategies in patients with osteoarthritis are important for minimizing the impact of symptoms and establishing appropriate disease management.

Objective: The aim of this study is to evaluate the strategies that patients with knee osteoarthritis use to cope with pain and effect of these strategies on disease-specific quality of life.

Methods: The study is a descriptive one. Nonrandom sample included 145 patients with knee osteoarthritis, who presented to the orthopedics outpatient clinic during one year. This study was performed at a training and research hospital in Ankara, Turkey. The institutional consent was obtained for the study. Data collected with the patient information form, pain definition and coping strategies evaluation form, and Arthritis Impact Measurement Scale 2. Collected data were analysed by descriptive and analytical statistics using SPSS 15.0 software.

Results: With increasing severity of pain, quality of life was being affected unfavorably. The mostly experienced problem was within the area of symptom status (pain of arthritis) ($\bar{X} = 7.06 \pm 1.94$). The average scores of areas of quality of life were more favorable in patients who were using non-pharmacological and alternative strategies compared to patients who were using pharmacological and traditional strategies.

Conclusion: A pain management plan, which includes non-pharmacological and alternative strategies that have favorable effects on quality of life areas, should be prepared and implemented with an organized education and counselling.

Key words: Osteoarthritis; pain; coping strategy; quality of life; nursing