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RISK FACTORS OF KNEE OSTEOARTHRITIS AMONG PATIENTS ATTENDING THE ORTHOPAEDIC CLINICS AT TEACHING HOSPITAL KALUTARA

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Background: Knee osteoarthritis (OA) is a leading musculoskeletal condition affecting millions globally, causing significant pain and disability. Identifying risk factors associated with knee OA is essential for its prevention and management. Our study investigated the risk factors of knee OA among patients aged 50 and above attending orthopedic clinics at Teaching Hospital Kalutara.

Methods: A case-control study was conducted involving patients aged over 50 years at the orthopedic clinics of Teaching Hospital Kalutara. Cases were patients diagnosed with knee OA within the last six months, while controls were patients without knee OA based on clinical examination. Exclusion criteria included patients with overlap syndromes like rheumatoid arthritis or lupus and those unable to answer interview questions. Data were collected via an interviewer-administered questionnaire during patient waiting times. Informed consent was obtained from all participants.

Results: A total of 252 participants were selected, with 126 in both the case and control groups. Statistical analysis using SPSS showed that risk factors such as sitting for more than 6 hours per day (OR: 2.129, CI: 1.125 - 4.029) and a history of surgery (OR: 2.273, CI: 1.350 - 3.827) significantly increased the risk of knee OA. However, factors like alcohol consumption (OR: 0.195, CI: 0.055 - 0.697), diabetes (OR: 0.513, CI: 0.303 - 0.868), and sex (OR: 0.226, CI: 0.103 - 0.497) were not associated with increased risk.

Conclusion: The study highlighted modifiable risk factors such as prolonged sitting and surgery as key contributors to knee OA, while lifestyle factors like alcohol consumption and diabetes were significantly protective. The findings support the need for targeted interventions and further research into knee OA prevention strategies.

Keywords: Knee osteoarthritis, Risk factors, Orthopaedic clinics, Teaching Hospital Kalutara