

Pain and pain management in elders with knee osteoarthritis in China

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Abstract

Purpose: Pain is growing dramatically in elders with knee osteoarthritis. More facts are needed regarding pain and pain management in the Chinese elderly population. The purpose of this study was to describe pain and pain management in Chinese elders with knee osteoarthritis.

Methods: Convenience samples of 75 elders were recruited from the orthopedic wards. All subjects were interviewed and asked to answer questionnaires including the Geriatric Depression Scale (GDS), the Brief Pain Inventory-Chinese version (BPI-C), and open-ended questions.

Results: The mean age of the patients was 67.5 years (SD=4.6). Predominantly, the elders were female (87%), married (91%), lack of college education (91%), having medical insurance (93%), and living independently (76%). The average osteoarthritis duration was 5.6 years (SD = 4.2). Most elders presented with mild depression (67%), and at least one co-morbid disease (81%), for example, hypertension, intervertebral disc herniation, and diabetes. Some elders (41%) were overweight. Severe pain (Mean = 7.95, SD = 1.88) and moderate pain interference (Mean = 5.34, SD = 1.73) were reported by patients. The pain affects their daily living such as walking, general activity, and mood a lot. The patients prefer taking a rest (28%), using Traditional Chinese Medicine or folk remedies (17%), and massage (15%) to relieve the chronic pain.

Keywords: Osteoarthritis; pain; pain management; elder; Chinese

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