

EPOSA FACT

Impact of osteoarthritis on activities of daily living

Activities of daily living

It is well established that pain, swelling or stiffness in osteoarthritis (OA) can make it difficult for individuals to perform simple activities of daily living such as driving a car, walking and climbing stairs. To our knowledge the impact the condition has on everyday function has been little studied in individuals who are not awaiting joint replacement surgery.

In the UK part of the EPOSA study, we examined the relation between a clinical and radiological diagnosis of knee or hip OA and activities of daily living in the general older population



In men, a clinical diagnosis of hip or knee OA were both associated with reported difficulties in mobility, ability to self-care and performing usual activities.



Similar relationships were seen in women, where in addition, a radiological diagnosis of knee OA was associated with difficulties performing usual activities.



In general, men with clinical OA reported more difficulties in moving around the house than women.

Perspectives

The findings suggest that using a clinical OA diagnosis, especially in men, is more sensitive at identifying individuals who are at risk of functional impairment than employing radiographic diagnosis alone.