

UNIVERSITI TEKNOLOGI MARA

**THE RELATIONSHIP BETWEEN
FUNCTIONAL STATUS AND HEALTH
RELATED
QUALITY OF LIFE IN MILD -
MODERATE KNEE OSTEOARTHRITIS
PATIENTS AT THE ORTHOPEADIC
CLINIC, HOSPITAL SELAYANG**

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Thesis submitted in partial fulfillment
of the requirements for the degree of
**Master of Medicine
(Family Medicine)**

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AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my research.

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ABSTRACT

The Global Burden of Disease 2010 Study reported that of the many types of osteoarthritis (OA), knee OA represents the second greatest cause of disability, as measured by years lived with disability (YLD) from 251 million people in the world. With the aging of the population and increase in obesity throughout the world, it is anticipated that the burden of OA will become a major problem for health systems globally. The prevalence of knee OA in Malaysia is estimated to be 10–20% of the total adult population. Relationship between functional status and Health-Related Quality of Life (HRQoL) in mild to moderate knee osteoarthritis patients have not been widely studied. Existing studies limited to selective subdomains of functional status and HRQoL, or only on target populations. Thus, this research aims to identify the relationship between functional status subdomains and HRQoL in the mild to moderate knee OA. This is to ascertain subdomain of functional status that best predicts good HRQoL. This is a cross-sectional research using self-administered questionnaire, namely KOOS for Functional Status and SF-36 for HRQoL in mild to moderate knee OA patients at Orthopaedic Clinic of Hospital Selayang. Total of 290 patients with mean age 66.8 years old (± 7.06), with majority is female (57.6%) and Malay (79.7%). The subdomain of functional status (KOOS) highest score is function in daily activities 53.51 (± 13.65), while the lowest score is knee-specific quality of life [41.03 (± 18.69)]. For HRQoL (SF-36), the Physical Component Summary (PCS) score is 45.20 (± 5.30), while the Mental Component Summary (MCS) score is 31.40 (± 8.70). There is a significant relationship between KOOS subdomains Pain, Symptom, Function Daily Activities, Function Recreational Activities and knee-specific QoL with HRQoL (PCS and MCS) $p < 0.05$. Improvement of “Pain” associated with better HRQoL (PCS). Better Function daily living and function in recreational activities associated with better HRQoL (MCS). Function daily living predicts higher HRQoL (MCS) as compared to HRQoL (PCS). Thus, in management of mild to moderate OA, the overall improvement HRQoL is depends most on the improvement in function daily living rather than limited only to improvement of pain.

Keywords: knee osteoarthritis, functional status, health-related quality of life

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