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Prevalence of depression among Osteoarthritis clients in Baguio city

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Background: Osteoarthritis is a degenerative non-inflammatory disorder of movable joints manifesting deterioration and abrasion of articular cartilage. Worldwide, 151 million individuals suffer from OA. In the Philippines, there are about 11 million OA individuals in 2008 and will be doubled by 2025. Depression may be a reaction to pain in OA and the experience of pain may be aggravated by depression. Due to increasing incidence, awareness of factors affecting depression among OA clients is needed.

Objective: To determine prevalence of depression among OA clients in Baguio City by determining degree of depression and significant difference in depression of OA clients according to age, gender, BMI, co-morbidity, genetics, occupation, history of bone injury, history of joint injury, congenital deformities.

Methods: Purposive, convenience, and quota sampling were used. 3 respondents were taken per barangay of 129 barangays in Baguio City. Responses were tallied and subjected to percentage, t-test and f-test.

Results: Degree of depression of OA clients is normal ups and downs with 191/351(54.42%) respondents. Results show significant differences with genetics and history of bone injury to depression of OA clients and no significant differences in degree of depression as to age, sex, BMI, co-morbidity, occupation, history of joint injury and congenital deformities.

Conclusions: Degree of depression of OA clients in Baguio City is normal ups and downs. Genetics and history of bone injury influence occurrence of depression in OA clients. While results show most respondents have normal ups and downs, there are individuals classified as "clinically depressed", implying that although results are statistically insignificant, it is clinically significant.

Recommendations: In nursing education, discussions on management of OA should be holistic and integrated into the curriculum. In nursing practice, nurses should individualize care for OA clients because of its different biopsychosocial effects. In nursing research, factors such as socioeconomic status can be considered.

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