

Creation of a database and participation in the national registry of patients with osteoarthritis referring to rheumatology clinics in Ardebil city in 2022

Abstract

Background: Registry or information registration is actually a systematic collection of data of a specific type of disease such as: cancer, AIDS or a specific condition. Information is used through policies and strategic plans to provide efficient and effective services in management. The general goal of this research is to create a comprehensive data and communication system for the study of osteoarthritis.

Aim: This study is a descriptive analytical study that was conducted in rheumatology patients diagnosed with osteoarthritis in 2022 who visited the rheumatology clinic of Imam Khomeini Hospital in Ardebil city. Demographic and laboratory characteristics and clinical examination of patients were recorded. The data was analyzed by spss 22 software and a significance level of 0.05 was considered.

Results: 210 patients with osteoarthritis with an average age of $56/06 \pm 5/13$ years (55.7% female patients and 44.3% male patients) participated in the present study. In the present study, CRP was positive (21/90%) and ESR positive (20/47%). The most common clinical symptoms of the patients were joint pain (82.38%), crypts (74.28%), joint dryness (63.80%), respectively. All 210 (100%) patients diagnosed with osteoarthritis were suffering from knee osteoarthritis and among them 13 cases (6.19%) had spinal osteoarthritis, 8 cases (3.80%) had hip joint osteoarthritis, 15 cases (7.14%) had osteoarthritis of the leg bones (MTP1 osteoarthritis in the form of halo valgus) and 35 cases (16.66%) had osteoarthritis of the hand bones (PIP and DIP joints) and (CMC1)

Conclusion: According to the results of the present study and similar studies, age over 50 years, female gender and intense activity are effective factors in the occurrence of osteoarthritis. Osteoarthritis is diagnosed based on history, clinical examination, and simple radiography, and currently, there is no specific laboratory test. Careful treatment of the doctor in dealing with patients with osteoarthritis can prevent further destruction of joint cartilage and even slow down the degeneration process and postpone the course of cartilage tissue erosion.

Keywords: osteoarthritis, demographic data, clinical data, laboratory data