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Assess the prevalence of arthritis among adults

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Abstract
Arthritis is an inflammation of one or more joints, causing pain and stiffness that can worsen with age. There are more than 100 different types of arthritis and related condition. More than 50 million adults and 3,00,000 children have some type of arthritis. Common symptoms of arthritis include swelling, pain, stiffness and decreased range of motion. This symptoms can be mild, moderate and severe. Severe arthritis can result in chronic pain, inability to do daily activities and make it difficult to walk or climb stairs. Arthritis can cause permanent joint changes. These changes can be visible, such as knobby finger joints, but often the damage can only be seen on X-ray. Some type of arthritis also affect the heart, eyes, lungs, kidney and skin as well as joints. There is no known cure for arthritis, but advance in science are helping us to identify ways to improve diagnosis and treatment.
Aim: To assess the prevalence of arthritis among adults.
Objectives: In view of this, a study was undertaken to assess the prevalence of arthritis among adults residing in selected urban areas of Pune city.
Material and methods: An exploratory study was conducted to assess the prevalence of arthritis among adults residing in selected areas of Pune city, using a self – structured questionnaire on prevalence of arthritis. 200 adults of above 18 years of age were chosen for the study through non–probability sampling technique. Reliability was conducted on 20 adults of above 18 years of age through test – retest method.
Findings of the study: The obtained result data revealed that maximum (33%) adults were from the age group 40 -50 and majority (53%) of adults were females and majority (35%) of adults were educated up to higher secondary level. Out of 200 samples, the majority (52.5%) have more signs and symptoms of arthritis and the remaining (47.5%) have no enough symptoms indicating arthritis.
Conclusion: In the present study, following conclusion were drawn from findings of the study. Majority of the participants are not aware about management of arthritis even though they have good access to technology and being well-educated. Hence, the researcher is recommending to organize awareness programmes and health education by nursing personnel on management the arthritis among adults.

Keywords: Prevalence, arthritis, adults, urban areas

Introduction
Background of the study
Arthritis is an age- related, bone degeneration aliment where in the protective tissue on top of the joints gets damaged. The causes may vary from age-related wear and tear to chronic infection, severe injury or lack of any nutrients. More than sixteen million adults were observed of having pain in joints as a result of arthritis in 2015.

Since ancient times, arthritis is known to mankind and it can be seen in most of the age groups. From centuries, references to arthritis is found in texts. Before the 1600's the arthritis was rare. During the age of exploration, it spread across the Atlantic. The disease acquired its current name in 1859. Around the past, an Indian literature consisted of information related to arthritis and has not specified about the types of arthritis [2].

The 18th and 19th centuries brought significant advance in understanding and diagnosis of arthritis. It has no specific treatment for this condition, but certain measures like patient education, exercise, rest and surgery are used to ease the symptoms and treat arthritis [3].

Need of the study
Chances of arthritis increases with age and is more common in women. Arthritis is one of the most prevalent health problem among the population affecting millions of older people. Arthritis leads to disability, decrease in activity, health center visit and use of certain drugs.

There is an increase in joint problems among old age people and this makes it difficult for them to walk, sit or stand. It involves pain, limited movement and decreased range of motion. There are several type of arthritis and causes involve increase in weight, genetics and previous

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injury. This can be avoided by being active, eating a balanced diet and prevent harm to the body.

In RA, the immune system of the body affects its own joints. Passive smoking can make this condition worse in many people [1]. Present study aims to assess the prevalence of arthritis among selected urban areas of Pune city.

Objective of the study
To assess the prevalence of arthritis among adults.

Methodology
A non-experimental exploratory research design was adopted to conduct the study among 200 adults residing in selected urban areas of Pune city using non-probability purposive sampling technique.

Sample Criteria
Inclusion criteria
a) Adults of above 18 years of age.

Exclusion criteria
b) Patients who are unable to walk without mobility aids.

Description of tool
The tool was divided into two sections:

Section I: Deals with demographic data that consists of 7 items i.e., age, gender, education, marital status, type of family, occupation and family income.

Section II: Deals with objective type of structured questionnaire with yes or no type questions. The total number of questions is 10.

Results
200 adults were selected for data collection from selected urban areas of Pune city.

Section I

Table 1: Frequency, percentage distribution table of adults according to demographic variables. n= 200

Sr. No.	Demographic Characteristics	Frequency(*f*)	Percentage (%)
1	**AGE (years)**		
	18- 28	44	22
	29- 39	44	22
	40- 50	66	33
	51- 61	46	23
2	**Gender**		
	Male	94	47
	Female	106	53
	Transgender	0	0
3	**Education**		
	Basic Education	11	5.5
	Primary	62	31
	Higher Secondary	70	35
	Diploma or Graduate	44	22
	Post- Graduate	13	6.5
4	**Marital Status**		
	Married	144	72
	Unmarried	46	23
	Widow or Widower	10	5
5	**Type of Family**		
	Nuclear	37	18.5
	Joint	114	57
	Extended	49	24.5
6	**Occupation**		
	Self- Business	95	47.5
	Government Employee	29	14.5
	Private Employee	47	23.5
	Laborer	29	14.5
7	**Family Income**		
	Less Than 10,000	23	11.5
	10,000- 20,000	58	29
	20,000- 30,000	35	17.5
	Above 30,000	84	84

Table No: 01- The above table shows that in the categories of age, majority (33%) of the adults fall among 40- 50 years of age. Remaining (22%) adults fall in 29- 39 and 18- 28 years of age. The majority (53%) were females and remaining (47%) were males. Majority (35%) of the adults were educated up to higher secondary levels and remaining (5.5%) were having basic education.

Section – II

Table 2: Frequency, percentage distribution table and pie diagram showing the prevalence of arthritis among adults residing in selected urban areas of Pune city. n=200

Sr. No.	Criteria	Frequency (*f*)	Percentage (%)
01	Adults with more than '5' signs and symptoms of arthritis.	105	52.5
02	Adults with less than '5' signs and symptoms of arthritis.	95	47.5

Table 2: shows that out of 200 samples, the majority (52.5%) have more symptoms indicating arthritis and the remaining (47.5%) have no enough signs and symptoms indicating arthritis.

Discussion
In 2002, Carmona L carried out a study to evaluate the prevalence of rheumatoid arthritis among individuals of Spain. The population consists of 2998 peoples. The result indicates that 8.5% are having arthritis. 0.5% was the estimated prevalence [9].

In this study, 52.5% of adults have more signs and symptoms indicating arthritis and 47.5% of adults have no enough symptoms indicating arthritis. Out of 53% of females, 32.5% of them have more signs and symptoms indicating arthritis and out of 47% of males, 20% of them have more signs and symptoms indicating arthritis.

Conclusion
Majority 105(52.5%) of the adults had more signs and symptoms indicating arthritis and remaining 95(47.5%) of the adults had no enough symptoms indicating arthritis.

Limitations
- There was a time limitation to conduct the study.
- Study was limited only to the urban areas of Pune city.

Recommendations
- This research study could be done using a large sample.
- A similar study can be done by providing the adults with knowledge regarding management of arthritis by using different teaching modalities like planned teaching programmes and lecture cum discussion.

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