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**PREVALENCE OF OSTEOARTHRITIS AND ITS MANAGEMENT AT
NYERI PROVINCIAL GENERAL HOSPITAL FROM DECEMBER
2008 TO MARCH 2009.**

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ABSTRACT

OA is a degenerative disease characterized by progressive disintegration of articular cartilage usually accompanied by new bone formation at joint margins and beneath the involved cartilage.

It is the most common type of arthritis which is the result of a sequence of clinical and pathological events that lead to progressive failure of one or more synovial joints.

Failure of articular cartilage to maintain structural integrity can be the result of abnormal stresses on normal cartilage or of normal mechanical stresses acting on structurally impaired articular cartilage.

Management of OA has been carried out through physiotherapy, replacement, dietary supplementation and administration of NSAIDs. The study involved patient study and files.

The main objective of the research was to assess the prevalence and management of OA at Nyeri Provincial General Hospital.

The main method used in carrying out this research included questionnaires, textbooks, Martindale and from patient records.

The results showed that OA infection increases with age and the most affected sex was female. It was also found that below 20 years the infection rarely occurs.

The implication of these results was that since normal repair processes of cartilage slows down at old age, this speeds up OA process therefore its infection rate increases with age.

Females are the most affected because they carry out weight-bearing activities that increases the risk of OA through initiation of cartilage degeneration.