

Example of osteoarthritis essay

[Business](#), [Management](#)



Introduction on Osteoarthritis

Being the most common type of joint disease, osteoarthritis affects up to 20 million persons in the United States. This joint inflammation results from degeneration of cartilage whose causes range from aging, injury from trauma or disease to obesity. Pain in the affected joints on repetitive use is the most common symptom of osteoarthritis. In essence therefore, the goal to the treatment and management of osteoarthritis is to eliminate inflammation and joint pain while maintaining and improving the function of the joints. Non-pharmacologic interventions in place include unloading certain joints, occupational therapy, physical therapy, weight loss, exercise, heat and cold and patient education. The databases provided below target to offer more health information available for the women over the age of osteoarthritis.

Databases

First Database

URL: [http://group.bmj.](http://group.bmj.com/group/media/press-release-archive-files/BJSM/press-release-archive-files/BJSM/BJSM-29Sep-2003.pdf)

[com/group/media/press-release-archive-files/BJSM/press-release-archive-files/BJSM/BJSM-29Sep-2003.pdf](http://group/media/press-release-archive-files/BJSM/press-release-archive-files/BJSM/BJSM-29Sep-2003.pdf)

Publisher: BMJ Group: British Journal of Sports Medicine

Description

The study begins by analyzing the effect of physical activity on the cartilage development especially in developing healthy kids. It then indicates that for children to be free of or safer from degenerative joint disease, they are required to be highly physically active. It makes reference to University of

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Tasmania and Monash University that shows healthy development of cartilage is achieved through physical activity thus firm rubbery tissues.

Women over the age of 55 form the cases and controls as they look back to the history of their childhood.

Relevance

This database is highly related to my research topic. This is because, the authors make a genuine suggestion that exercise promotes bone density as well as the cartilage volume. Despite the fact that bone density in most cases is determined by genes, physical activity makes sure that the peak bone density can be achieved which results to a reduction of possible brittle bones which is osteoporosis in later life. There is also the indication that cartilage loss is usually a sign (cardinal) of the joint pain as a result of osteoarthritis. In addition, at the primary stage of prevention, parents, teachers and the entire adult generation seem to be awarded a responsibility which they should ensure that the young ones engage in physical activities that are bound not only to prevent osteoarthritis, but also other cardiovascular diseases.

Second Database

URL: <http://onlinelibrary.wiley.com/doi/10.1002/14651675.ce.00373332/frame.html>

Publisher: The Cochrane Library: The Journal of Rheumatology

Description

This research ensures that a skeptical consideration for the efficacy of

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malnutrition for the complication by the medical fraternity is widely accepted. Vitro as well as animal studies, provide a clue to the possible direction of action to be taken. There is also the indication that cartilage loss is a usually a sign (cardinal) of the joint pain as a result of osteoarthritis. Osteoarthritic patients have had relief on the symptoms that are experienced as a result of nutritional interventions.

Relevance

In this case, the essence and the impact of individual human behavior and factors in relation to osteoarthritis are demonstrated. It is clear that this disease can be prevented at primary level by observing issues of healthy living such as diet and physical activities. The database will come in handy to elaborate that nutrition can boost symptoms of declared OA. It will further help to explain that the role nutrition plays in the slowing down progression of the disease is yet to be seen. Some dietary consideration include consumption of vitamin C which protects the cartilage from deterioration and helps in rebuilding it. The database will come in handy to elaborate that nutrition can boost symptoms of declared OA. It will further help to explain that the role nutrition plays in the slowing down progression of the disease is yet to be seen. Omega-3 fatty acids minimizes inflammation on the joints while vitamin D is essential as it supplements joint function by promoting proper bone structure and calcium absorption.

Third Database

Publisher: The Cochrane Library: Journal of Clinical Rehabilitative Description

The database reports on an experiment involving Sprague Dawley rats

randomly chosen while some with osteoarthritis are exposed to electro-acupuncture to identify whether there is a position association for the treatment of the disease. The research starts by identifying that hip and knee OA has experienced prevention strategies that have not been beneficial as such. The research indicates that there is inadequate evidence on the possible modification on the risk factors and which is effective in preventing symptoms and progressive disease in persons who develop OA early. Possible research opportunities for the future have been included as well. There is then the recommendations and conclusion which is based on the reactions and the observations made upon the outcomes and different exposures observed among the rats.

Relevance

Osteoarthritis especially in relation to the knee has been discussed deeply in this research. This research magnifies on the benefits that transformation of the growth factor beta may play a crucial role in the parthenogenesis of knee osteoarthritis. Therefore, adoption of electro-acupuncture therapy would show good analgesic effects centrally and on the peripheral. While still on that, the database makes an indirect indication of the need for further development of technology in the field of medicine to strengthen and facilitate such medical requirements.

Fourth Database

URL: <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD008963.pub2/abstract>

Publisher: Cochrane Musculoskeletal Group

Description

The database presents an assessment of the effectiveness of self-management programs for the people who mainly suffer from osteoarthritis. It identifies that for self-management programs, there is complexity as the target is mainly on behavior modification and patient education. In this case therefore, it highlights that commissioning women who are over the age of 55 years to engage in activities that target this personal management would be complex. It however intervenes by providing strategies to make it a success.

Relevance

The conclusion in the database is that, low to moderate quality evidence, there is an indication that self-management education programs result to absolutely no or minimal benefits in the people suffering from osteoarthritis despite them being unlikely to cause harm. Adopting the attention control, the self-management skills in no way do they improve quality of life, osteoarthritis symptoms and pain. It identifies that for self-management programs, there is complexity as the target is mainly on behavior modification and patient education. In this case therefore, it highlights that commissioning women who are over the age of 55 years to engage in activities that target this personal management would be complex. However, they do improve self-managerial skills and function of symptoms. This therefore indicates that, it would be tricky to advice women on these skills by realizing that the benefits would be minimal.

Fifth Database

URL: [http://www.oarsijournal.com/article/S1063-4584\(07\)00397-4/abstract](http://www.oarsijournal.com/article/S1063-4584(07)00397-4/abstract)

Publisher: Elsevier: Journal on Osteoarthritis and Cartilage

Description

In this case, there are 16 experts involved from the medical disciplines of evidence-based medicine, orthopedics, rheumatologists and primary care givers teaming together. The database comes up with an intense, concise, patient focused, evidence based, expert consensus and up to date recommendations for the best ways for which knee and hip osteoarthritis can be managed. The recommendations are such that they are well adaptable and designed in a way that they can best assist physicians together with other health professionals in specialist and general practice in the world.

Relevance

After the recognition the report involves recent data, this particular database qualifies as a very important tool in the pattern of proving incidence as well as dominance of osteoarthritis. It creates the basis for comparing the changes that osteoarthritis has undergone after the national policy was put in place. Consequently, it provides the measures that the policy developers should come up with so as to solid osteoarthritis at all levels. Further, the database provides more light into the forecasting the socioeconomic barrier that are likely to arise given that obesity is an issue that is growing progressively under this situation. This would form as a good basis upon which governments would develop policies for Osteoarthritis which are acceptable and affordable to the patients

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