

Coping Strategies Among Elderly Women Suffering From Knee Osteoarthritis Pain At Beni-Suef City

Background: Osteoarthritis (OA) is the main cause of pain and disability among elderly women. It is more common among female than male. **Aim:** This study aimed to assess the coping strategies of elderly women suffering from knee osteoarthritis (OA) pain in Beni-Suef city. **Design:** A descriptive cross-sectional research design was utilized in the current study. **Setting:** the study was carried out at Beni Suef university hospital in orthopedics outpatient clinic and the physiotherapy unit. **Subjects:** A non-probability consecutive sampling technique of a total 300 studied women was recruited in the current study. in the previous mentioned setting. **Tools:** I- interviewing questionnaire: it was developed by the researcher; it is consisted of 2 parts: - demographic data & Knee arthritis medical history, II- Katz scale, III- Visual Analog scale (VAS) and IV- Pain Coping Inventory (PCI). **Results:** revealed that more than two thirds (70%) of studied elderly women had severe pain and (30%) of them had moderate pain level, distraction inventory pain coping strategy had the highest percentage of mean score amongst the other studied strategies (62.46%), and resting pain inventory strategy had the lowest percentage of pain score (55.0%). there was a strong negative correlation between total pain coping inventory and visual analog scale and between Katz scale for ADL and visual analog scale. While, there was positive correlation between Katz scale for ADL and pain coping inventory. **Conclusion:** The active coping strategies that most often applied by the studied women were distraction and pain transformation. While concerning passive coping strategies applied by women were resting and retreat were the most utilized by the studied women. **Recommendations:** Increase public awareness about efficacy & tolerability of the coping in reducing pain and complications of osteoarthritis through directed program to persons in community.

Key words: Coping Strategies, Elderly, Knee Osteoarthritis, Pain, Women