

Impact of Elderly Women's Knee Osteoarthritis Pain on Daily Living Activity at Northern Upper Egypt

Background: The most common cause of discomfort in old age is osteoarthritis. The age range between 55 and 64 years old has the largest annual incidence of knee osteoarthritis. 65 and younger make up more than half of those with symptomatic knee OA. Women make up 62% of those with osteoarthritis. **Aim:** The current study's objective is to determine the effect of osteoarthritis pain in the knees of older women on their ability to carry out everyday activities in Northern Upper Egypt.

Setting: The investigation was conducted in the orthopaedics outpatient clinic and the physiotherapy unit at Beni-Suef University Hospital.

Subjects: In the current study, 300 studied women were recruited using a non-probability consecutive sampling technique.

Tools: Katz scale, interview questionnaire, and Visual Analog Scale (VAS).

Results: showed that more than one-third (40%) of the elderly women in the study had knee joint problems from less than five years ago and 70% of them experienced severe pain. Additionally, 30% of the women in the study required supervision, guidance, personal assistance, or complete care when getting dressed, and 90% reported fatigue, 71.3% anxiety, and 70% limited social participation. **Conclusion:** The pain of osteoarthritis in older women has an impact on their social, psychological, and physical health.

Recommendations: Through targeted programs to people in the community, raise public awareness of osteoarthritis pain and complications.

Keywords: Elderly; Knee Osteoarthritis; Women; Daily Living Activity