

Knee Osteoarthritis Pain: Coping Strategies among Elderly Women

Background: Coping is generally categorized into four major categories which are problem-focused, emotion-focused, meaning-focused and social coping. The patients with knee osteoarthritis can be coping with it by enjoy leisure activities, don't forget to pamper self, sometimes a change surroundings can help, even if it's just for a day trip. *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. *Tools:* Visual Analog scale (VAS) and Pain Coping Inventory (PCI). *Results:* 70% of studied elderly women had severe pain, 62% almost always think of things that remain undone because of pain, 83.7% had low coping level regarding reducing demands. *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.

Keywords: coping strategies, elderly, knee osteoarthritis, pain, women