

Introduction

Osteoarthritis is a condition that develops when the cartilage, the material that covers the bones at the joint to prevent them from rubbing against each other, breaks down. The bones then rub against each other, causing pain and difficulty with movement. Because of the breakdown of the cartilage, osteoarthritis is known as a degenerative disease, but also involves inflammation at the joint, which contributes to the pain and stiffness experienced by people with osteoarthritis.

Case Study

Amina is a 76-year-old woman who visits the GP for an annual check-up. Her history shows that she smokes 20 cigarettes a day and is a heavy coffee drinker. She has had several fractured bones in the last 5 years that required medical attention. On examination, she has lost 2.5cm in height over the past year. She has also lost several kilos in weight, but says that she still wears the same size clothes.

Questions for discussion

- What are the main approaches and strategies that could be used to **measure** the number of individuals with osteoarthritis in the UK?
- What are the main approaches and strategies that could be used to **monitor** the number of individuals with osteoarthritis in the UK?
- What are the main approaches and strategies that could be used to **control** the number of individuals with osteoarthritis in the UK?
- Identify some **factors** that may influence Amina's health and wellbeing in relation to her osteoarthritis? What health education information could you give to Amina to help her to manage her condition?

As this is a discussion, you will be awarded a mark based on the knowledge, understanding, and skills that you demonstrate during your talk and discussion. You may be asked questions to clarify any points you make as part of this. Your work must be underpinned by researched facts and data that show your research skills and understanding of the key points that you have included.