

Self-Management Education Programme on Functional Mobility for Knee Osteoarthritis in Older Adults.

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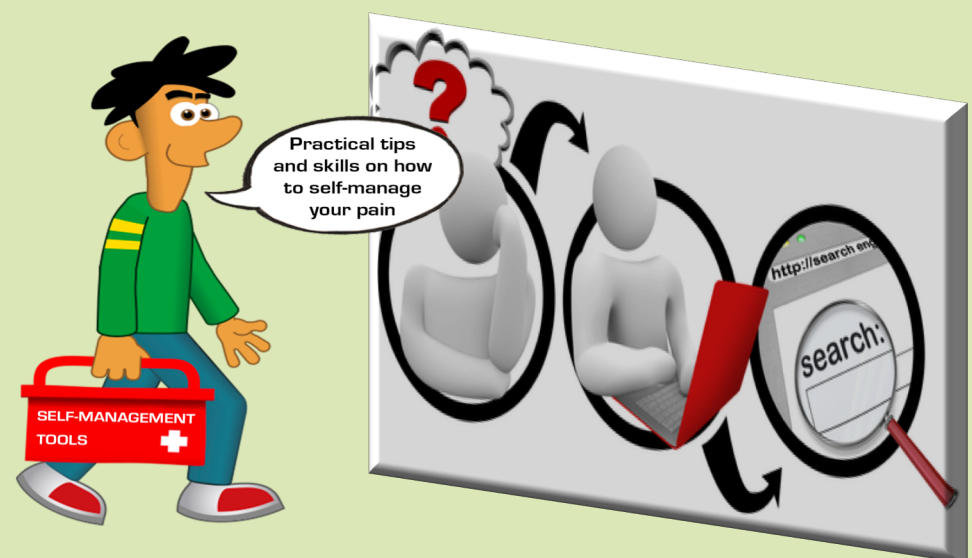
1. Introduction

1. Almost 40% of the Malaysian aged over 40 years old have knee OA symptoms.¹
2. The incidence of knee OA in older population is highly associated with physical and functional impairment.²
3. The impacts of the knee OA may be reduced with self-management strategies.³

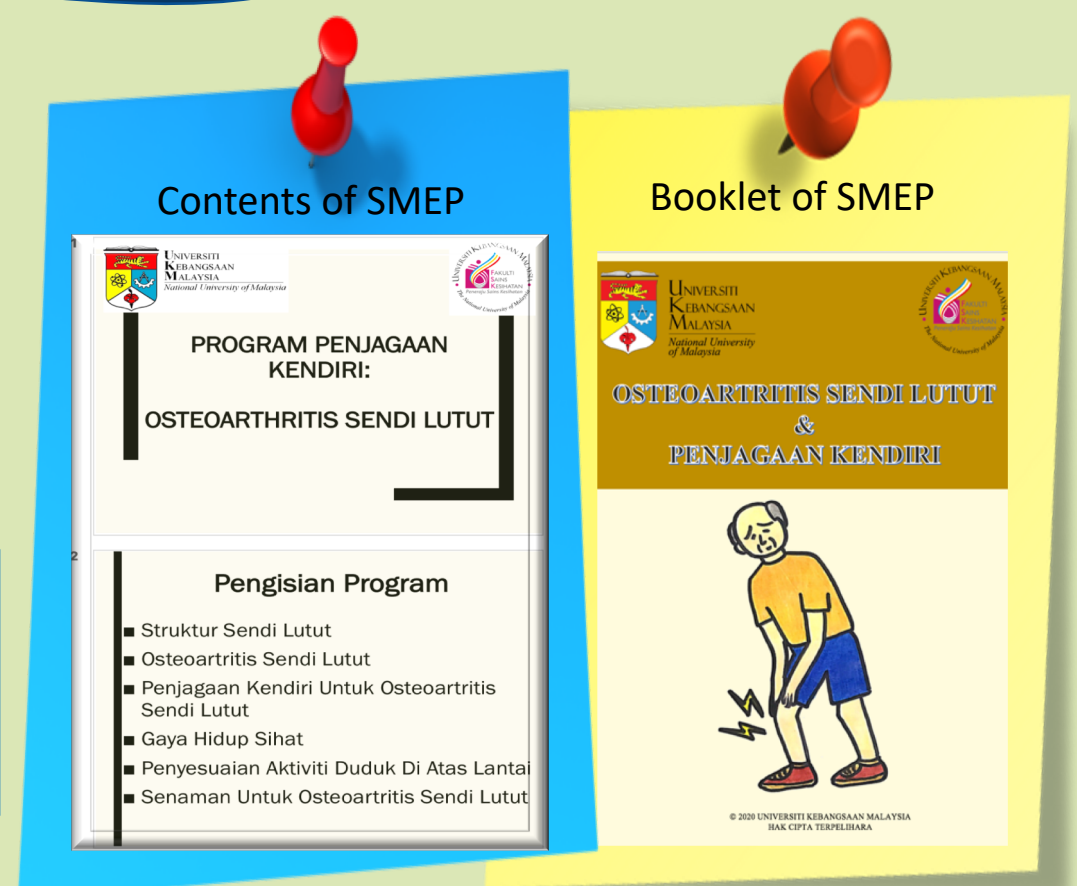
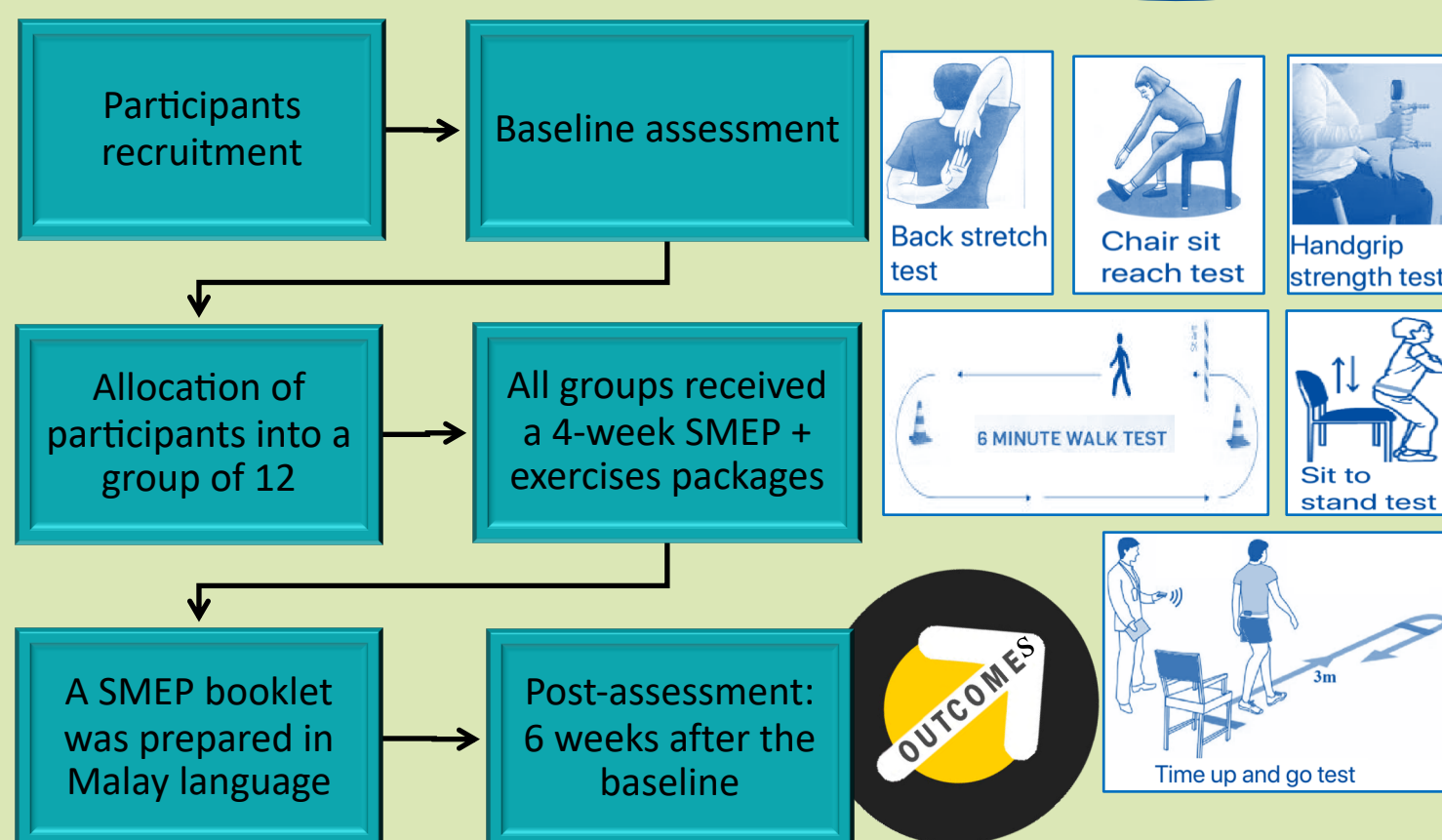


2. Objective

To examine the effects of a tailored self-management education programme (SMEP) on functional mobility among older adults with knee OA.



3. Methods



4. Results

1. 30 older adults with knee OA with the mean age 66.77 (± 6.42) had completed the post-assessment.
2. The mean scores for 30sSTS, TUG and 2MW tests had improved significantly ($p < 0.05$) at post-assessment by 9.5%, 9.2% and 13.5% respectively.

	Pre-test	Post-test	P - value
	Mean (SD)	Mean (SD)	
CSRT RL	6.88 (± 10.75)	8.70 (± 12.08)	0.255
CSRT LL	5.63 (± 10.17)	6.92 (± 10.23)	0.408
BST RL	-3.47 (± 14.23)	-5.73 (± 14.92)	0.286
BST LL	-6.50 (± 16.75)	-8.27 (± 16.39)	0.488
HGST	24.17 (± 8.11)	24.59 (± 8.13)	0.309
30sSTST	13.00 (± 3.05)	14.24 (± 3.9)	0.014*
TUGT	8.62 (± 1.35)	7.83 (± 1.35)	0.001*
2MWT	109.70 (± 21.61)	124.90 (± 26.33)	<0.001

5. Discussion & Conclusion

1. Improvements in 30sSTST, TUGT & 2MWT probably d/t regular exercises & physical activity.⁴
2. HGST and BST did not significantly improved probably d/t more strengthening exercises for lower limbs.⁵
3. A tailored SMEP has the potential to nurture self-management skills in improving functional mobility. The implementation of SMEP in clinical settings should now be considered.



6. References

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