

Poster number 769, APLAR 2020

Burden of Musculoskeletal Pain And Associated Sociodemographic Factors, Quality Of Life And Disability: A COPCORD Study From Lahore, Pakistan

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Objective:

The objective of this survey was to determine the burden of musculoskeletal (MSK) pain, its impact on the quality of life and disability in the semi-urban community of Nain-Sukh, Lahore.

Methods:

This is a secondary data of the COPCORD survey conducted in the community of Nain-Sukh, from November 2018-to Feb 2019, for determining the frequency of Inflammatory Back Pain (IBP) and Ankylosing Spondylitis (AS). In phase 1 and 2, data collection was done through an interview by a trained team of clinical assistants and Physiotherapists, after formal IRB approval, using validated Urdu translation of COPCORD core questionnaires.

Participants of both genders, 16 years or above, were enrolled through the random walk and quota sampling. In phase-1, data pertaining to sociodemographic factors were recorded. In phase -2, subjects with MSK pain ever were further asked about the quality of life and the impact of MSK pain on functional disability, assessed by the Modified Health Assessment Questionnaire (MHAQ). The data was compiled and analyzed by using software SPSS version 21.

Results:

Out of 4920 participants, 1425 (28.9%) had MSK pain ever, the mean age of 35 ± 14 SD years with a female predominance. More females were illiterate as compared to males 551(54.2%) vs 904 (49.9%) ($p=0.000$). The majority of men,154 (37.7%),926(91.1%) females were doing fieldwork and household work ($p=0.000$), respectively. Out of all with MSK pain, the nature of work was of moderate-intensity in 40.6 % males and 50.8 % in females ($p=0.000$).

Regarding the quality of life, amongst all participants with MSK (1425) pain, almost half of them had difficulty in family, social, marital, and financial relationships. Based on the

MHAQ score, 769 (82.9%), 139 (15 %), 20 (2.2 %) had a mild, moderate, and severe form of disability, respectively.

Conclusion:

Every fourth participant in the surveyed population had MSK pain with a female predominance. MSK pain was found to be significantly associated with age, occupation, literacy, marital status, and nature of work. More than two-thirds of subjects with MSK pain had some degree of disability.

Keywords:

MSK pain, sociodemographic factors, quality of life, disability

Variables	MSK pain Yes n(%) 1425(28.9%)		p-value
	Males Yes 409(28.7%)	Females 1016(71.2%)	
Age			
Under 25 (years)	46(11.2)	171(16)	0.000*
26-35years	83(20.3)	321(31.6)	0.000*
36-45years	112(27.4)	226(26.2)	
46-56 years	91(22.2)	154(15.2)	
more than 56 through highest	77(18.8)	104(10.2)	
Family structure			
single	202(49.4)	566(55.7)	0.049
Joint	207(50.6)	450(44.3)	0.08
Literacy status			
Read only	43(10.5)	96(9.4)	0.000*
Read and write	162(39.6)	396(36.3)	0.000*
Illiterate	204(49.9)	551(54.2)	
Current occupation			
Student	10(2.4)	8(0.8)	0.000*
Farm work	33(8.1)	4(0.4)	0.000*
Service desk job	1(0.2)	1(0.1)	
Field work	154(37.7)	25(2.5)	
Shop business	99(24.2)	8(0.8)	
House work	31(7.6)	926(91.1)	
House maid	4(1)	17(1.7)	
Professional	4(1)	6(0.6)	
Retired	33(8.1)	7(0.7)	
unemployed	40(9.8)	14(1.4)	
Nature of work			
Light	124(30.3)	247(24.3)	0.000*
Moderate	166(40.6)	516(50.8)	0.000*
Heavy	101(24.7)	229(22.5)	
Moderate to heavy	18(4.4)	24(2.4)	
Marital Status			
Married	354(86.6)	871(85.7)	0.000*
Single	36(8.8)	61(6)	0.000*
Widowed	14(3.4)	76(7.5)	
Divorced	2(0.5)	7(0.7)	
separated	3(0.7)	1(0.1)	
Monthly income			
< Rs. 15,000	158(38.6)	440(43.3)	0.279
>Rs .15,000	251(61.4)	576(56.7)	0.532

Quality of life Variables	MSK pain	
	Yes	n(%) 1425(100%)
Difficult Family relationship	Yes	814(57.1)
	No	611(42.9)
Difficult Social relationship	Yes	815(57.2)
	No	610(42.8)
Difficult Marital relationship	Yes	700(49)
	No	725(50.9)
Difficult Financial relationship	Yes	705(49.5)
	No	720(50.5)
Difficult Family relationship	Yes	814(57.1)
	No	611(42.9)

