SUMMARY

**Objective:** To determine the effect of structured psycho-education on the quality of life of patients with knee osteoarthritis.

**Study Design/Setting:** A randomised controlled trial involving 120 patients with knee osteoarthritis aged 18 years and above presenting in General Outpatient Department and orthopaedic clinics of the Jos University Teaching Hospital.

**Methods:** Participants were randomly allocated to the control and the intervention groups. The intervention offered was psycho-education that was delivered in structured format to the subjects and their care givers. Data collected from the participants include socio-demographic data, medical history and family history. Knowledge about osteoarthritis (OA) was assessed using a structured questionnaire and Quality of Life (QoL) was assessed using the WHOQOL-BREF questionnaire. Focused physical examination was done with assessment of pain using the visual analog scale (VAS). Participants were followed up monthly over 12 weeks during which measurements were repeated.

**Results:** Majority (71.6%) of the study participants reported their overall QoL as poor or fair and all the domains of the QoL were low. QoL scores were relatively low for domain due to psychological health and environment with that of psychological health more severely affected. Mean score in the osteoarthritis knowledge assessment increased from 30.1±12.27% at baseline to 55.2±15.5% at the end of the study (t=8.33, p < 0.000). The QoL scores improved in the intervention group compared to the control group (p=0.0005). In the intervention group, the mean
pain scores reduced from 6.8±1.3 to 2.2±0.9 (p= 0.000). This study however found only epilepsy among many factors as predictive of poor QoL.

**Conclusion:** Psycho-education administered along with routine medical care led to increased subject/caregiver’s knowledge about OA and a significant improvement in the QoL of patients with knee osteoarthritis.