

Assessment of Knowledge, Attitude and Practice Towards Rheumatoid Arthritis in General Population

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Abstract

Rheumatoid Arthritis is a chronic symmetrical autoimmune inflammatory disease that primarily affects small joints progresses to larger joints and ultimately affects the skin, eyes, heart, kidney and lungs. It is essential to identify incorrect beliefs and common knowledge about rheumatic diseases in the general population. Aim and Objectives: The aim of our study is to assess the knowledge, attitude, and practice level towards rheumatoid arthritis in general population by circulate a questionnaire Result and Discussion: One out of four participants considered false general beliefs as true and approximately 20% did not have detailed knowledge on rheumatoid arthritis. Conclusion: As a result, the conclusions based on the sample size used couldn't be generalized to the uneducated population. Despite the positive results, it is recommended that people attempt to enhance their knowledge, attitude and practice of Rheumatoid arthritis and other auto immune diseases by participating in more health education program.

1. Introduction

Rheumatoid arthritis is a chronic, symmetrical, autoimmune inflammatory disease that primarily affects small joints, progresses to larger joints and ultimately affects the skin, eyes, heart, kidneys, and lungs.⁽¹⁾ Rheumatoid arthritis (RA) is believed to affect 0.24 to 1% of the population, with women being twice as likely as men to develop the disease. Providing the general population and patients with good quality information is an important strategy in the management of chronic disease condition.⁽²⁾ Knowledge leads to changes in and behavior, attitude and directly influences the health. This study helps to identify knowledge gaps and behavioral pattern that may identify needs, problems and barriers to help plan and implement interventions.^(3,4)

2. Aim and Objectives

AIM

The aim of the study is to assess the Knowledge, Attitude and Practice towards Rheumatoid arthritis in the general population.

Objectives

To evaluate knowledge, attitude an practice

regarding Rheumatoid arthritis in general population through KAP Questionnaire.

3. Methodology

Study Design

The cross-sectional survey study.

Study Site

The study will be conducted in department of Orthopedic SRM Medical College Hospital and Research Centre, SRM University which is embedded with Tertiary Care Hospital.

Study Criteria

Inclusion Criteria

- Health care professional and general public who are willing to participate and give informed consent.
- The participants should be literate able to read, write and understand English.
- The participants should have sufficient computer knowledge to fill out the google forms.

Exclusion Criteria

Subjects aged below 18 years of age.

Sample size determination

Total number of samples included for the study will be nearly 250 patients confidentially.

Knowledge, Attitude and practice Towards Rheumatoid arthritis in general Population						
Questions		(1)	(2)	(3)	(4)	(5)
Knowledge Questionnaire		(1)	(2)	(3)	(4)	(5)
K1	RA can occur only due to autoimmune problem.	Strongly disagree	Disagree	Neutra	Agree	Strongly agree
K2	Rheumatic disease is particularly characterized by muscle, joint pain and stiffness.	Strongly disagree	Disagree	Neutra	Agree	Strongly agree
K3	Rheumatoid arthritis mostly occurs in obese person than the persons with normal bodyweight.	Strongly disagree	Disagree	Neutra	Agree	Strongly agree
K4	Poor diet, cold and damp are the cause of rheumatoid arthritis.	Strongly disagree	Disagree	Neutra	Agree	Strongly agree
K5	RA may associated with genetic factors.	Strongly disagree	Disagree	Neutra	Agree	Strongly agree
K6	Vitamin D deficiency-related with rheumatoid arthritis.	Strongly disagree	Disagree	Neutra	Agree	Strongly agree
K7	In general, patients with rheumatoid arthritis should relax as much as possible and move as little as possible.	Strongly agree	Agree	Neutra	Disagree	Strongly disagree
K8	The most common form of rheumatic disease is osteoarthritis (wear and tear).	Strongly disagree	Disagree	Neutra	Agree	Strongly agree
K9	Rheumatoid arthritis can be treated via surgery.	Strongly disagree	Disagree	Neutra	Agree	Strongly agree
K10	It is difficult to cure any form of rheumatic disease.	Strongly agree	Agree	Neutra	Disagree	Strongly disagree
K11	RA may affect other internal body organ also	Strongly disagree	Disagree	Neutra	Agree	Strongly agree
K12	Almost all patients with rheumatoid arthritis ultimately end up in a wheelchair.	Strongly agree	Agree	Neutra	Disagree	Strongly disagree
K13	In RA patients, affected joints may be replaced with RA artificial joints.	Strongly disagree	Disagree	Neutra	Agree	Strongly agree
K14	The consequences of rheumatic disease can cause people to die.	Strongly disagree	Disagree	Neutra	Agree	Strongly agree
Attitude Questionnaire		(1)	(0)			
A1	Do you think you can get rheumatoid arthritis disease?	Yes	No			
A2	Will you feel any fear or sadness if you found that you have rheumatoid arthritis disease?	Yes	No			
A3	Are you ready to go to the health centre, if you have symptom so for rheumatoid arthritis disorder?	Yes	No			
Practice Questionnaire		(1)	(0)			
P1	In the case you are diagnosed with RA, would you go for further investigation and treatment?	Yes	No			
P2	Have you ever participated in a rheumatoid arthritis health education program?	Yes	No			

4. Result and Discussion

Demographic characteristic of the Study participants (n=250).			
Variables	Frequency	Percentage	
Gender:			
MALE:	134	53.6	
FEMALE:	116	46.4	
Age (year)			
20-29	170	68	
30-39	59	23.6	
40-49	17	6.8	
≥50	4	1.6	
Place of residence			
Urban	219	87.6	
Rural	31	12.4	

5. Discussion

Among, 250 respondents, (134) (53.6%) were male and (116) (46.4%) were female. Age group of the respondent was categorized, in which 170 (68%) respondent fall under the age group of (20-29) , followed by (59) (23.6%) respondent under the age group of (30-39), (17) (6.8%) age group of (40-49), and (4) (1.6%) respondent under the age group of (≥ 50). The majority of respondent (219)(87.8%) area from urban and (31)(12.4%) were from rural region.

In this study, around 14 questions were framed to assess the knowledge of general population about RA. The study reported that (65) (26%) person disagree that RA occur is only due to autoimmune problem, while (64)(25.6%) person was neutral and (46)(18.4%) participant was strongly agree with this term.

Most of participant (170) (68%) answered that the rheumatoid arthritis is particularly characterized by muscle, joint pain and stiffness, while (19) (7.6%) said neutral and (4) (1.6%) disagree with the statement. About (94) (37.6%) agree with Rheumatoid arthritis mostly occurs in obese persons than the persons with normal body weight, while (64) (25.6%) was neutral and (50) (20%) disagree the statement.

Among 250 participants, (84) (33.6%) was agree that, Poor diet, cold and damp are the cause of rheumatoid arthritis, while (91) (36.4%) of person was neutral and (53) (21.2%) was disagree with this fact.

The majority of respondent (122) (48.8%) had good knowledge about that the RA association with genetic factors, despite that (17) (6.8%) was neutral and (4) (1.6%) disagree this. Most of participant (92) (36.8%) was neutral and not sure that Vitamin D deficiency-related with rheumatoid arthritis. Despite that (84) (36.6%) agree and (54) (21.6%) disagree this.

Most of respondent (125) (50%) knowledgeable that RA can be treated via surgery, while (69) (27.6%) of person were neutral and (42) (16.8%) was disagree the statement. About (97) (38.8%) of respondent were disagree that any form of RA is difficult to cure, while (43) (17.2%) were neutral and (38) (15.2%) agreed it.

Majority of respondent (156) (62.4%) were agree to that, the affected joints may be replaced with RA artificial joints, while (46) (18.4%) person were neutral and (11) (4.4%) was disagree with this.

Out of 250 participant, (96) (38.4%) person was agree with the RA may affect other body internal organ also, despite that (95) (38%) were neutral and (39) (15.6%) disagree. About (80) (32%) of participant were Strongly disagree with that the almost all patients with rheumatoid arthritis ultimately end up in a wheelchair, while (41) (16.4%) were neutral and (44) (17.6%) was agree with this term.

6. Conclusion

The purpose of this study is to gain insight into the general public's knowledge, attitude and practice regarding

rheumatoid arthritis. In our study, most of respondent are male when compared to female. As a result, the conclusions based on the sample sizes used could not be generalized to the uneducated population. In light of these findings, more study into the KAP's function in RA and other auto immune disorders should be conducted in the near future. One out of seven participants considered false general beliefs as true and approximately 20% did not have detailed knowledge on rheumatoid arthritis. Despite the positive results, it is recommended that people attempt to enhance their knowledge, Attitude, and practice of Rheumatoid arthritis and other auto immune diseases by participating in more health education programme.

7. Authors contribution

All of the authors contributed to the conception and execution of the current study. Sakthi priya P and Rasti Azad Bakr collected data and wrote the article. Dr. A. Priyadharshini, Pharm.D (guide) reviewed the content critically and was in charge of supervising and finalising it. All of the authors read and approved the final article.

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Conflict of interest

No authors have disclosed any conflicts of interest.

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