

# Report Summary

This summary should be read in conjunction  
with the full *OA Nation* report

## England

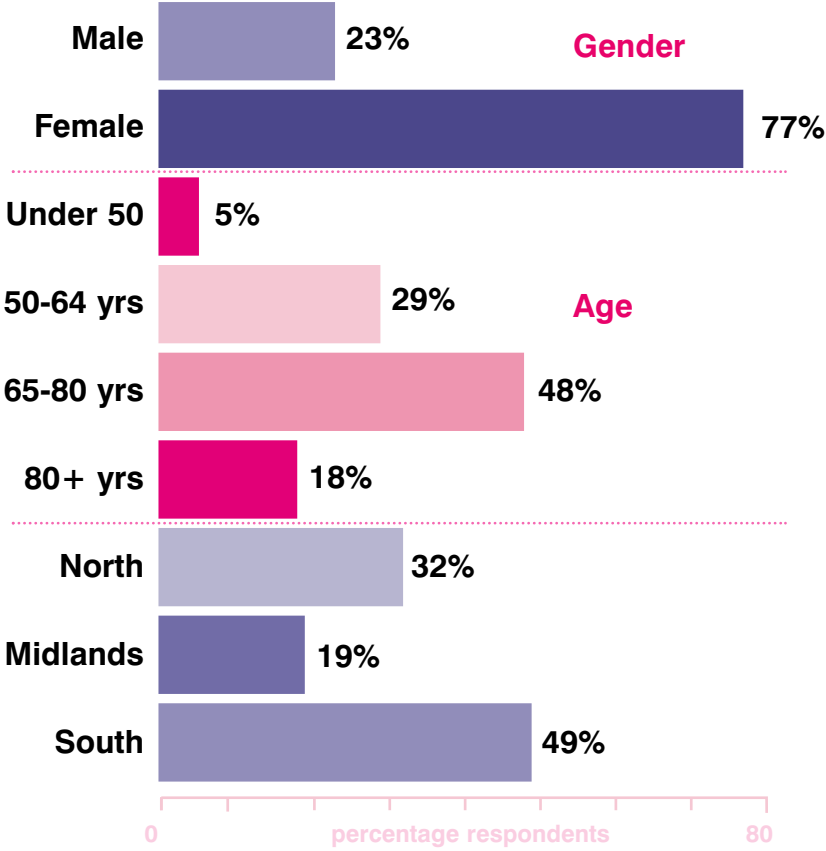
1000 telephone interviews conducted with people in England  
who had contacted Arthritis Care for information<sup>1</sup>

England



the most comprehensive  
UK report of people  
with osteoarthritis

# Respondents' gender and age<sup>2</sup>

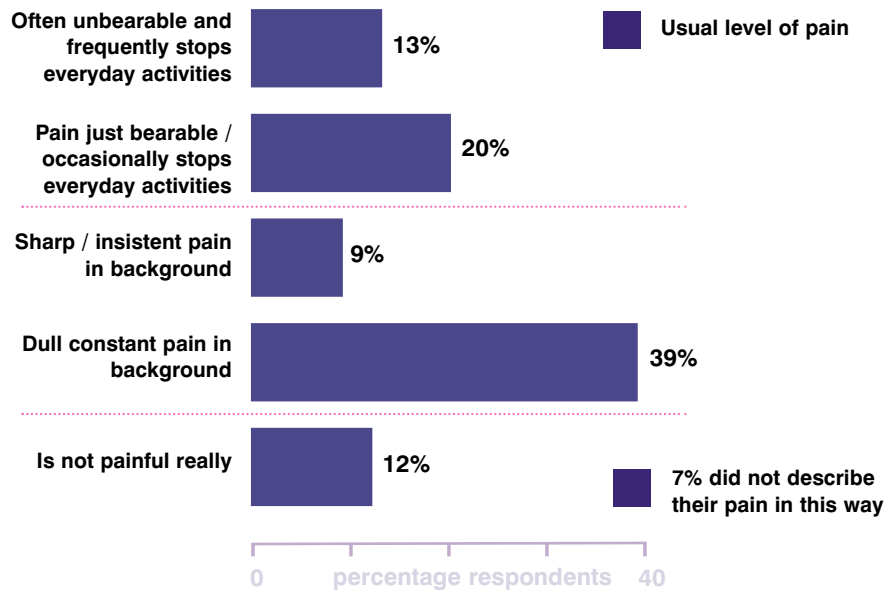


Base: All respondents (England) (1000)



Scotland

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UK report of people  
with osteoarthritis

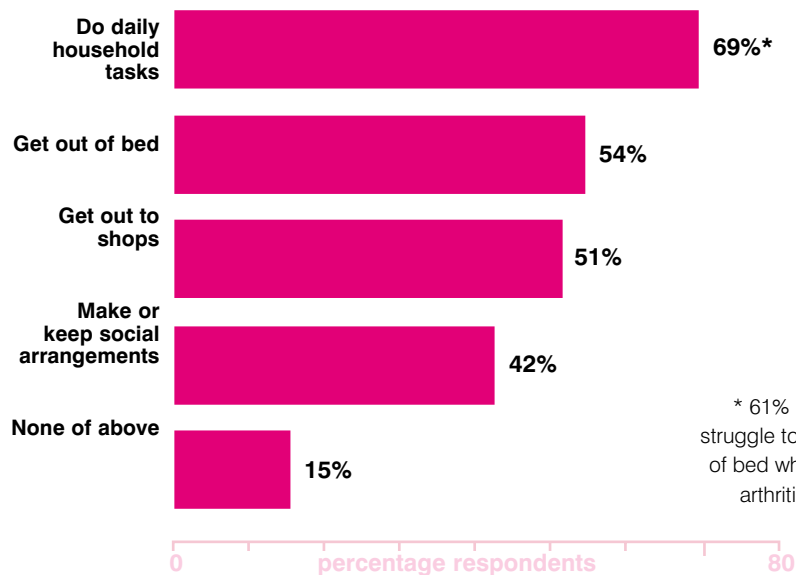


81% of the respondents have constant pain or are limited in their scope to perform everyday tasks<sup>3</sup>

Question 16

Base: All respondents (England) (1000)

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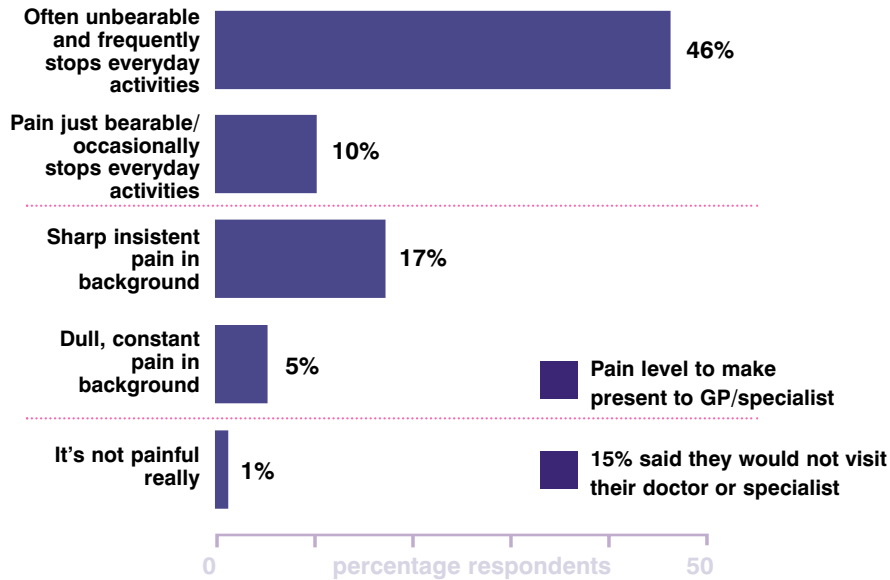


When their OA is bad, 69% of those interviewed have difficulty carrying out daily household tasks and 54% even struggle to get out of bed<sup>4</sup>

Question 18

Base: All respondents (England)(1000)



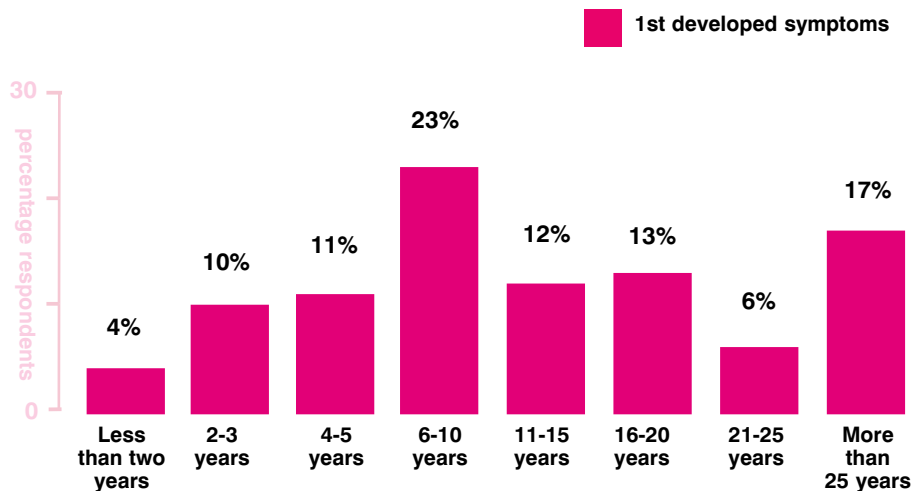


Almost half the sample would need to have frequently unbearable pain levels before presenting to a doctor<sup>5</sup>

Question 17

Base: All respondents (England) (1000)



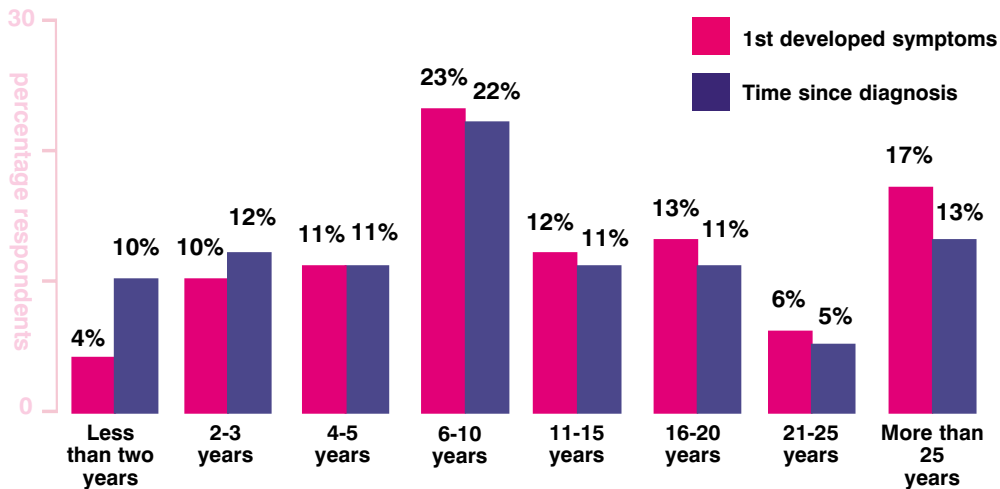


Some respondents have had symptoms of OA for more than 25 years, with an average of almost 13 years<sup>6</sup>

Question 1

Base: All respondents (England) (1000)

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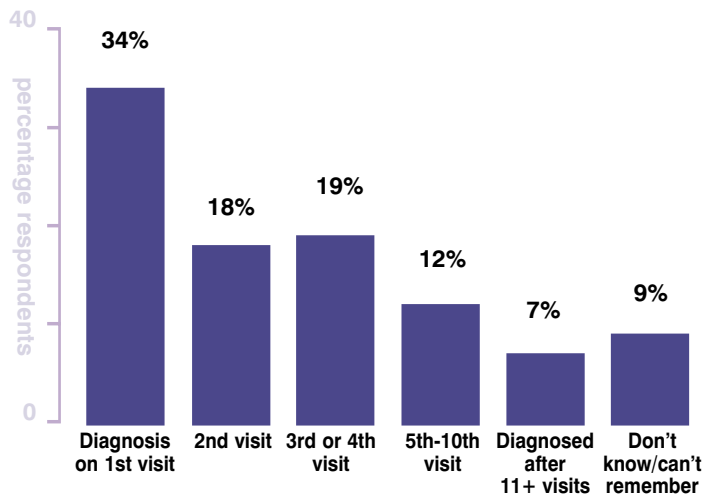
Question 1/2

Base: All respondents (England) (1000)

## Typically diagnosis was made almost 2 years after symptoms first appeared<sup>7</sup>

On average, respondents experienced initial onset of symptoms 13 years ago whilst the typical respondent was diagnosed with OA 11 years ago





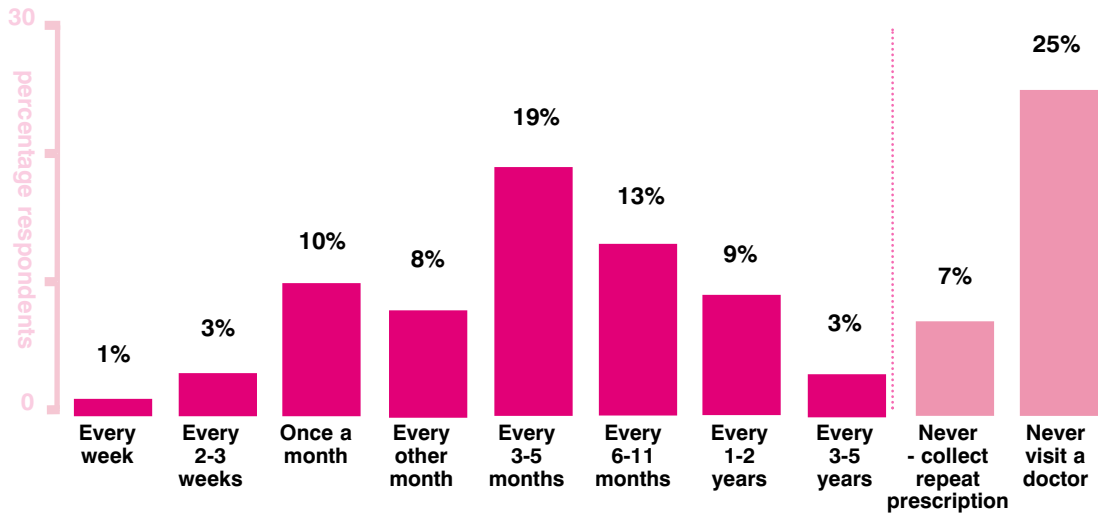
Mean no of visits  
 Total sample = 3.4  
 England = 3.5

Many respondents had visited their doctor three or four times before OA was diagnosed<sup>8</sup>

Question 4

Base: All diagnosed by a doctor (England) (929)



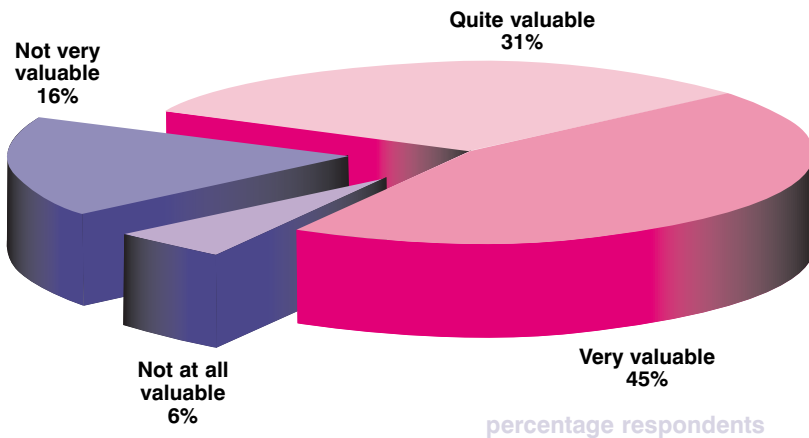


Question 5

Base: All respondents (England) (1000)

On average, respondents visit their doctor every five months about their OA, but a third never visit<sup>9</sup>

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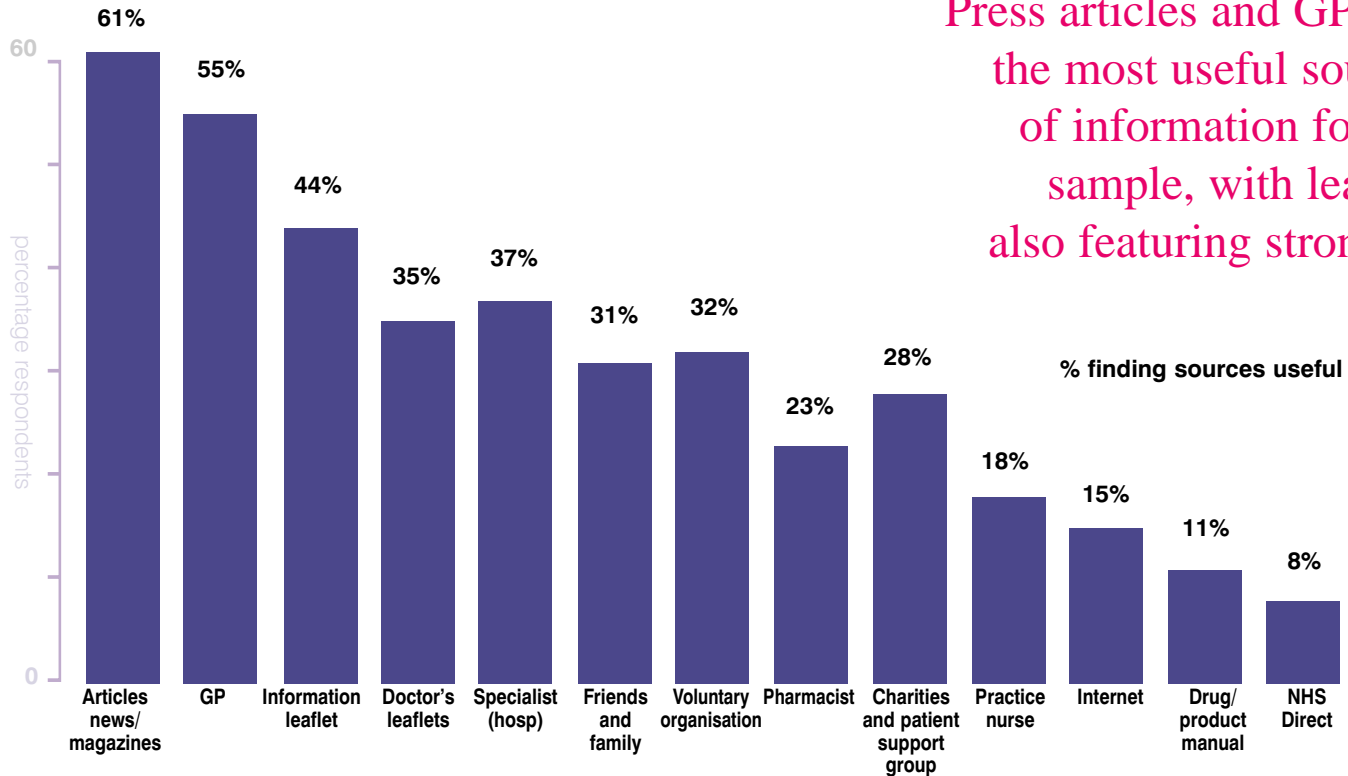
76% of respondents find doctor visits valuable<sup>10</sup>

Question 6

Base: All visiting doctor/specialist about arthritis (England) (665)

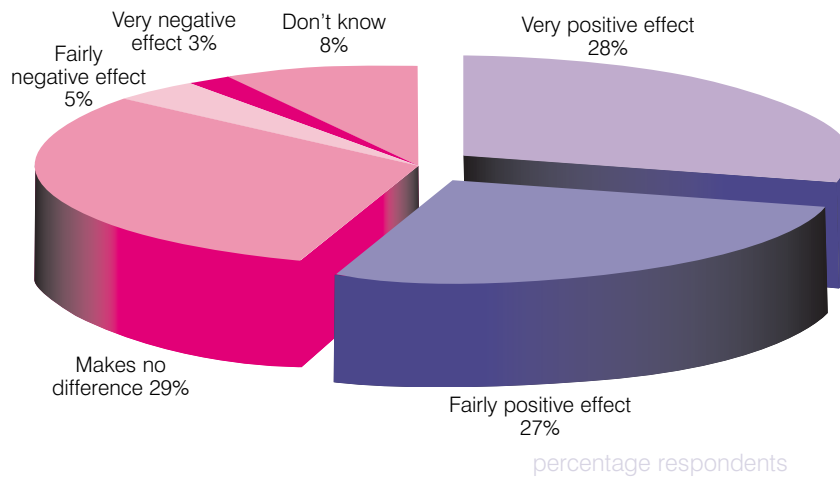
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Press articles and GPs are the most useful sources of information for our sample, with leaflets also featuring strongly<sup>11</sup>



Question 22

Base: All respondents (England) (1000)



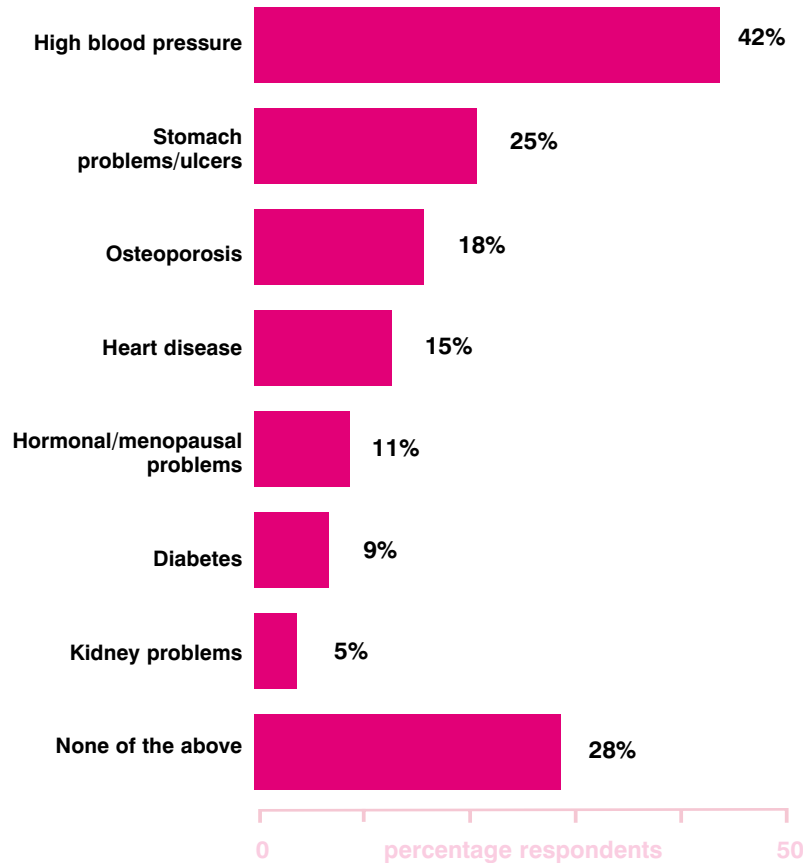
More than half the sample find their doctor responds positively to any acquired knowledge/information the patient brings<sup>12</sup>

Question 25

Base: All visiting doctor/specialist about OA (England) (665)

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72% of those interviewed have a concomitant medical condition<sup>13</sup>



Question 20a

Base: All respondents (England) (1000)

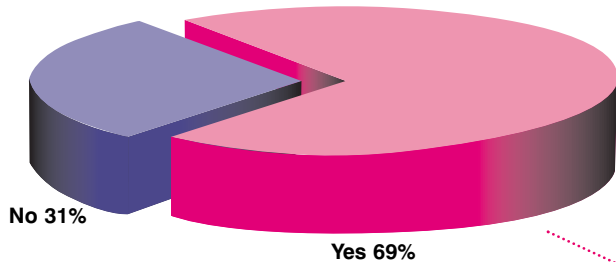
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# Medication for OA is usually NSAIDs, Cox-2s, painkillers or combinations thereof<sup>14</sup>

Currently taking medicine as prescribed or recommended by doctor?



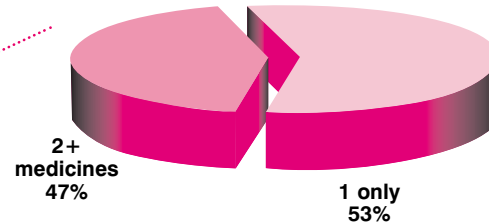
percentage respondents

Base: All currently visiting their doctor about arthritis (England) (665)

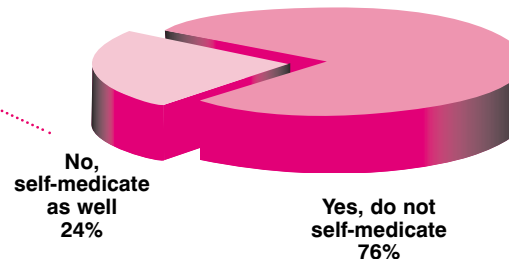
Drug types used:

- NSAIDs (non-steroidal anti-inflammatories) (32%)
- Selective Cox-2 inhibitors (16%)
- Co-proxamol (14%)
- Paracetamol (16%)

Number of prescribed/GP recommended medicines taken?

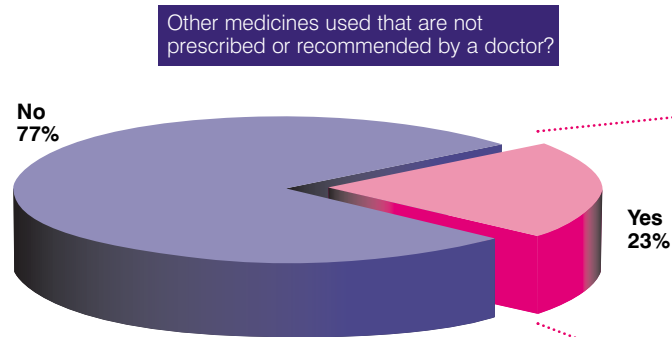


Is this the only type of medicine taken?



percentage respondents

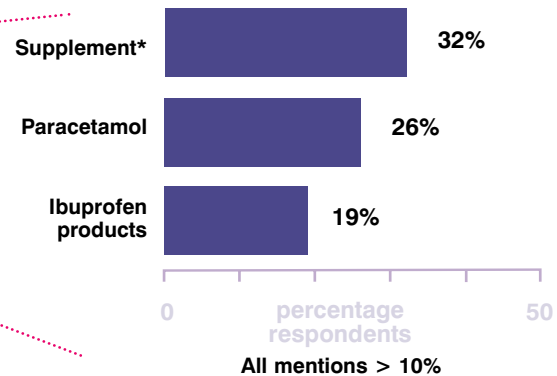
Base: All receiving a prescription or doctor recommended medicine (England) (457)



percentage respondents

Base: All respondents (England) (1000)

Type of self-selected medicine used ?

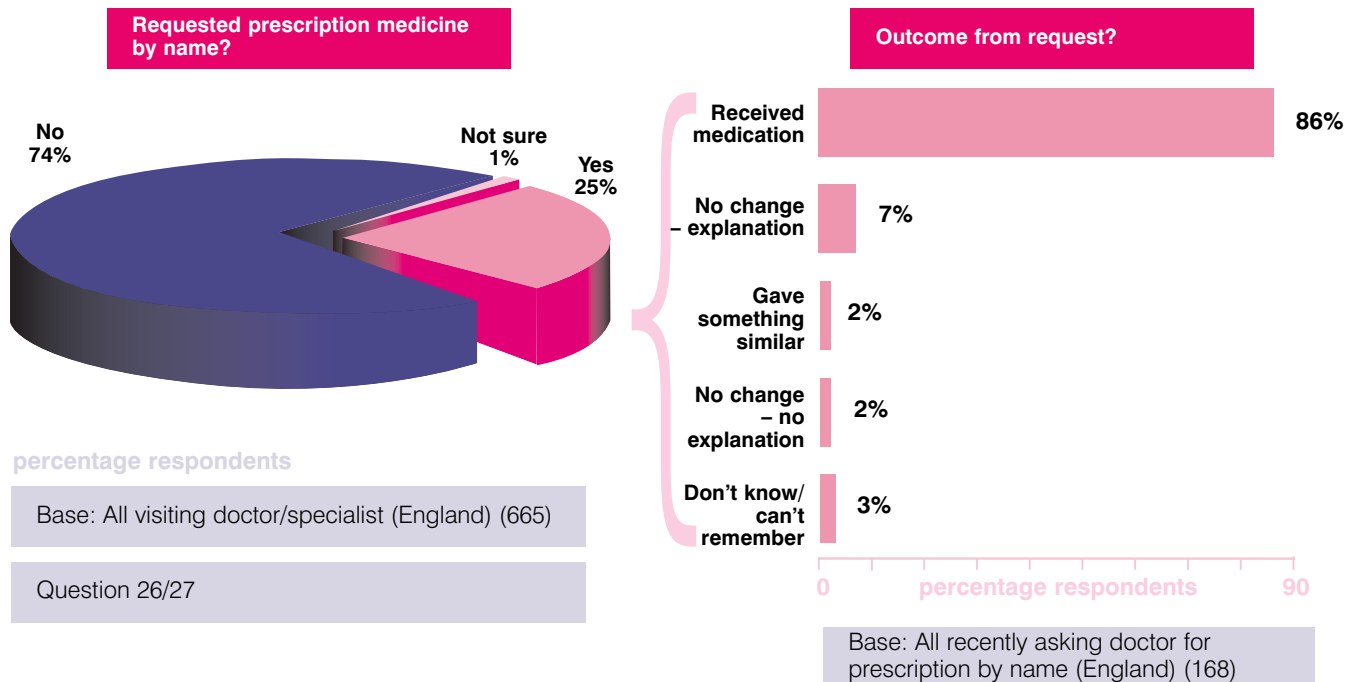


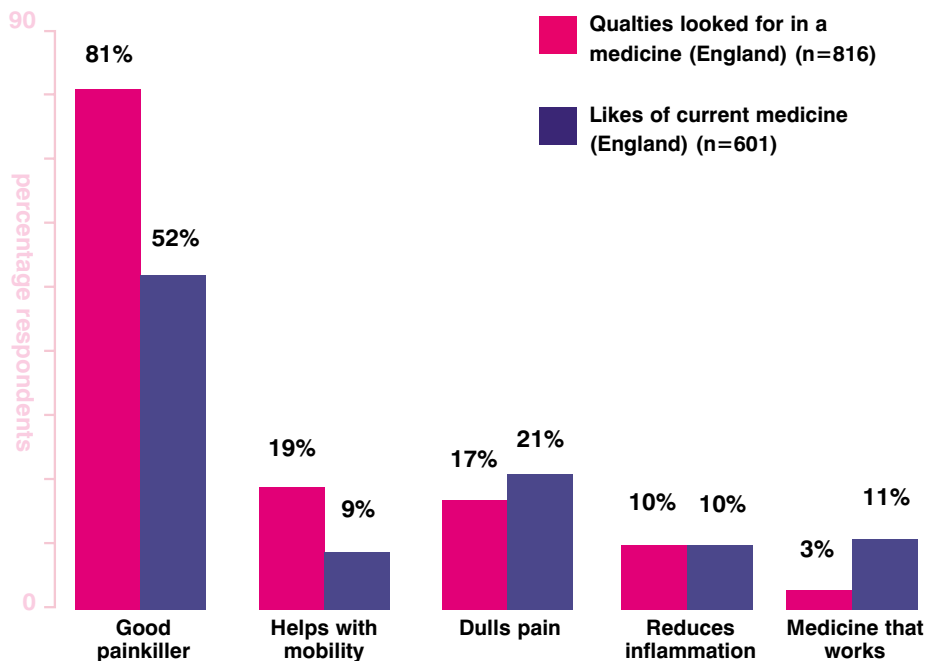
Base: All using other medicines to help control their arthritis (England) (229)

\* Includes Glucosamine Chondroitin, Cod Liver Oil and Fish Oils

## Evidence of self-medication with or without doctor involvement<sup>15</sup>

# A quarter of respondents have proactively asked about medication and the majority received it<sup>16</sup>



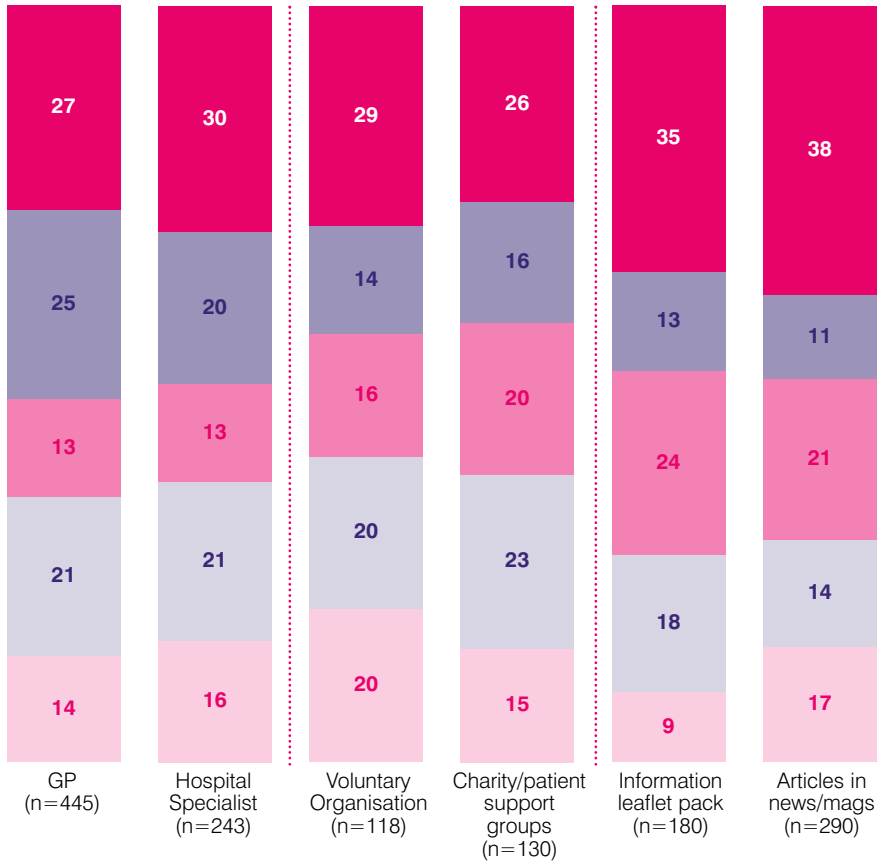


## Respondents want medicines offering more pain relief and help with mobility<sup>17</sup>

Respondents were asked to spontaneously name the qualities looked for in a medicine and were subsequently asked to state what they like about their current medication

Question 9/12

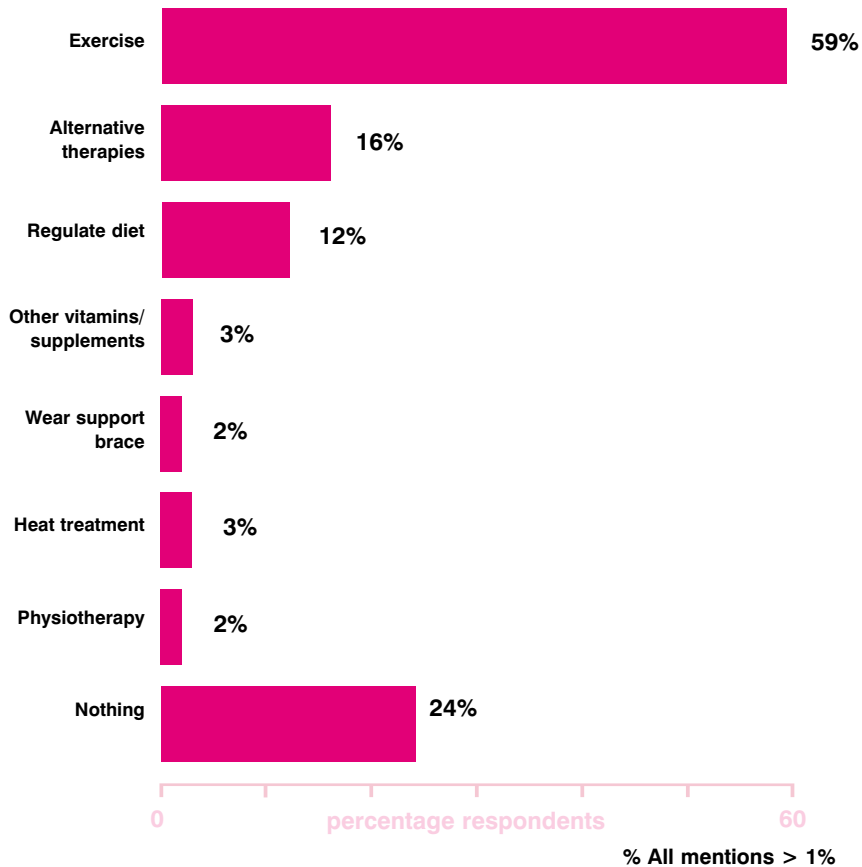
# OA nation



For our sample, 'easy to understand' is the most important factor in patient information<sup>18</sup>

- Easy to understand
- Reliable
- Up to date
- Higher quality information
- None/no preference

Question 24a-c (Total mentions) Base: All finding each source of information useful



59% of respondents use exercise to help manage their OA<sup>19</sup>

Question 10

Base: All respondents (England) (1000)

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## References

- 1 TNS/Arthritis Care Survey 2003, p1,044 Qa.
- 2 TNS/Arthritis Care Survey 2003, p1,051 Qb, p1,044 Qa, & (England) p933 QC
- 3 TNS/Arthritis Care Survey 2003, p693 Q16.
- 4 TNS/Arthritis Care Survey 2003, p720 Q18.  
TNS/Arthritis Care Survey 2003, (England) p623 Q18.
- 5 TNS/Arthritis Care Survey 2003, p706-707 Q17.
- 6 TNS/Arthritis Care Survey 2003, p1-3 Q1.  
TNS/Arthritis Care Survey 2003, p28 Q2.
- 7 TNS/Arthritis Care Survey 2003, p3 Q1 & p28 Q2.
- 8 TNS/Arthritis Care Survey 2003, p63-64 Q4.
- 9 TNS/Arthritis Care Survey 2003, p77 Q5 & p78 Q5.
- 10 TNS/Arthritis Care Survey 2003, p95 Q6.
- 11 TNS/Arthritis Care Survey 2003, p929-930 Q22.
- 12 TNS/Arthritis Care Survey 2003, p1,015 Q25.
- 13 TNS/Arthritis Care Survey 2003, p833-834 Q20a.
- 14 TNS/Arthritis Care Survey 2003, (England) p218-230 Q11.
- 15 TNS/Arthritis Care Survey 2003, p728/737-738 Q19a/Q19b.
- 16 TNS/Arthritis Care Survey 2003, p1,022 Q26 & p1,030 Q27.
- 17 TNS/Arthritis Care Survey 2003, p116 Q9 & p390 Q12.
- 18 TNS/Arthritis Care Survey 2003, (England) p888-889 Q24a-c.
- 19 TNS/Arthritis Care Survey 2003, p176-177 Q10.

