Report Summary

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

Scotland

254 telephone interviews conducted with people in Scotland who had contacted Arthritis Care for information[1]

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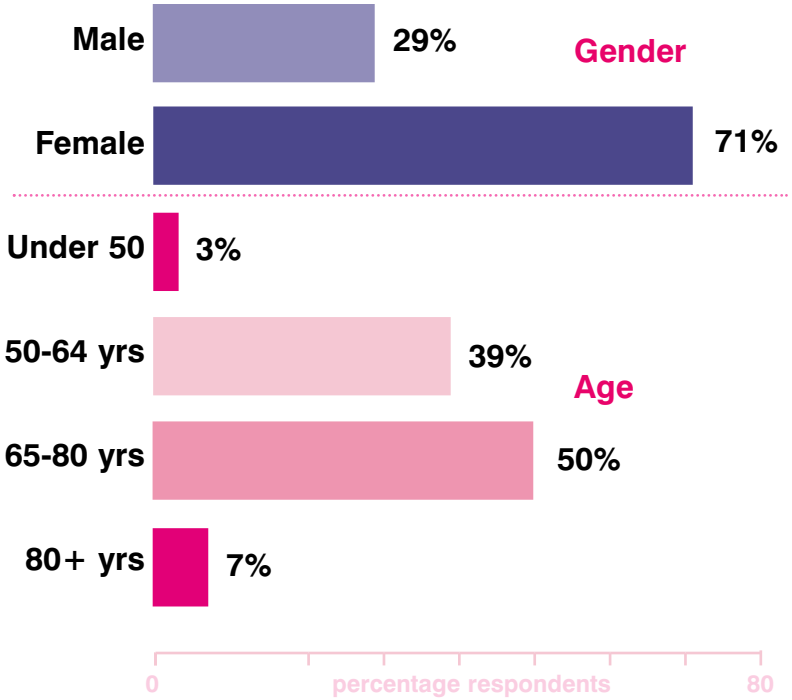
Respondents' gender and age[2]



Base: All respondents (Scotland) (254)

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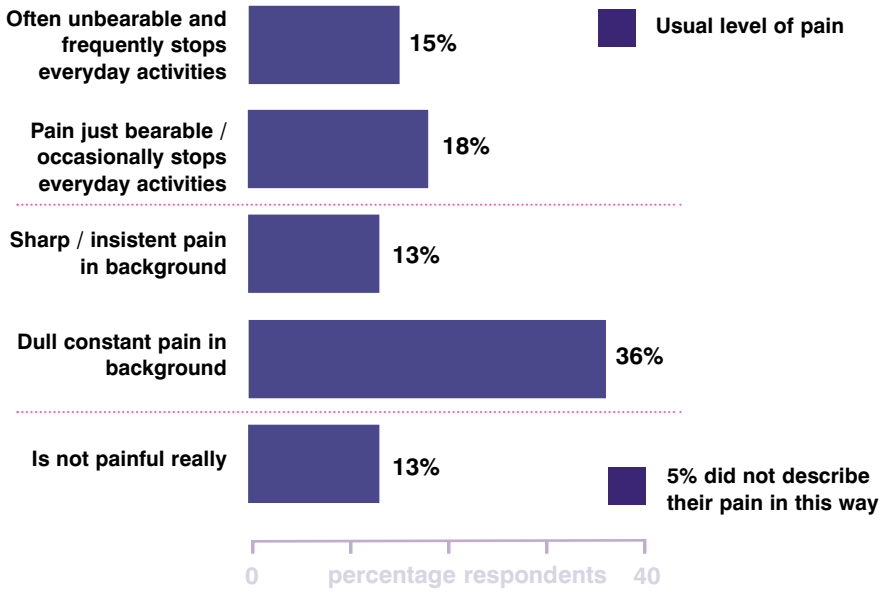

Question 16 Base: All respondents (Scotland) (254)

82% of the respondents have constant pain or are limited in their scope to perform everyday tasks[3]

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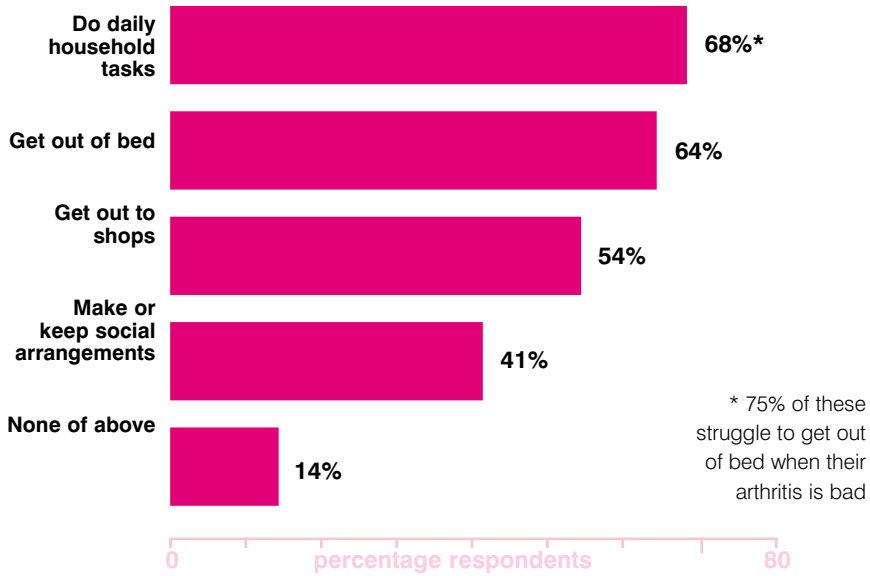

Question 18 Base: All respondents (Scotland)(254)

When their OA is bad, 68% of those interviewed have difficulty carrying out daily household tasks and 64% even struggle to get out of bed[4]

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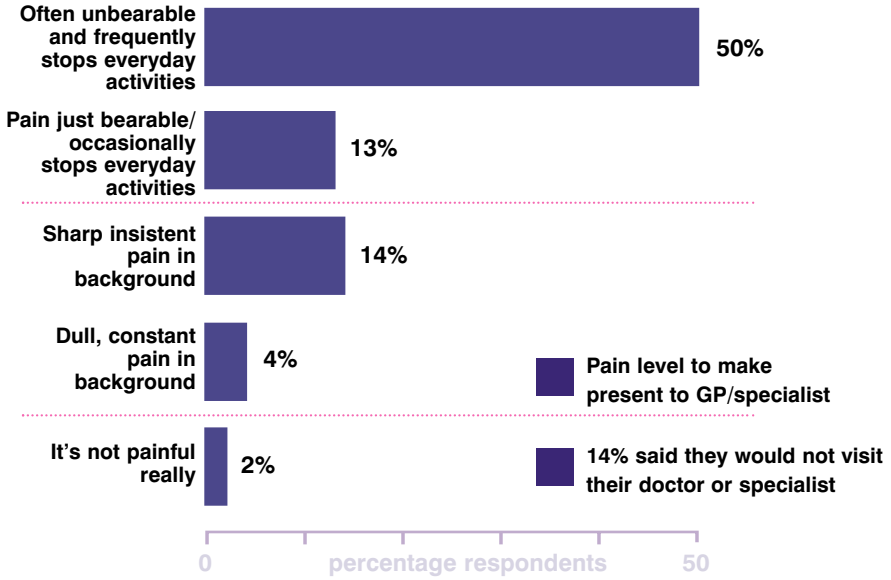

Question 17 Base: All respondents (Scotland) (254)

Half the sample would need to have frequently unbearable pain levels before presenting to a doctor[5]

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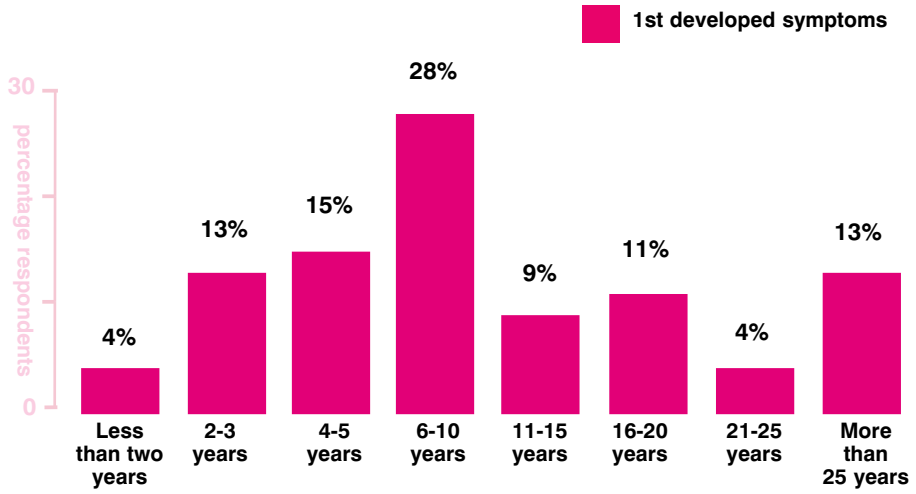

Question 1 Base: All respondents (Scotland) (254)

Some respondents have had symptoms of OA for more than 25 years, with an average of 11 years[6]

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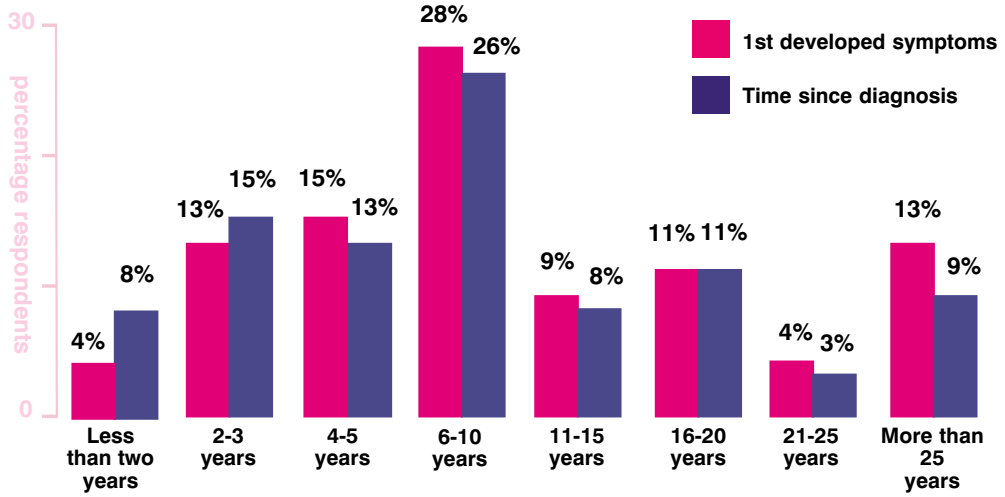

Question 1/2 Base: All respondents (Scotland) (254)

Typically diagnosis was made around a year after symptoms first appeared[7]

On average, respondents experienced initial onset of symptoms 11 years ago whilst the typical respondent was diagnosed with OA 10 years ago

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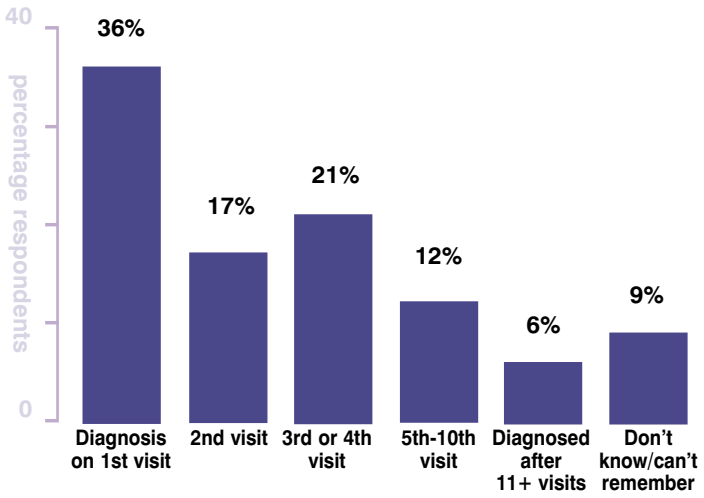

Mean no of visits	
Total sample	= 3.4
Scotland	= 3.3

Question 4 Base: All diagnosed by a doctor (Scotland) (232)

Many respondents had visited their doctor three or four times before OA was diagnosed[8]

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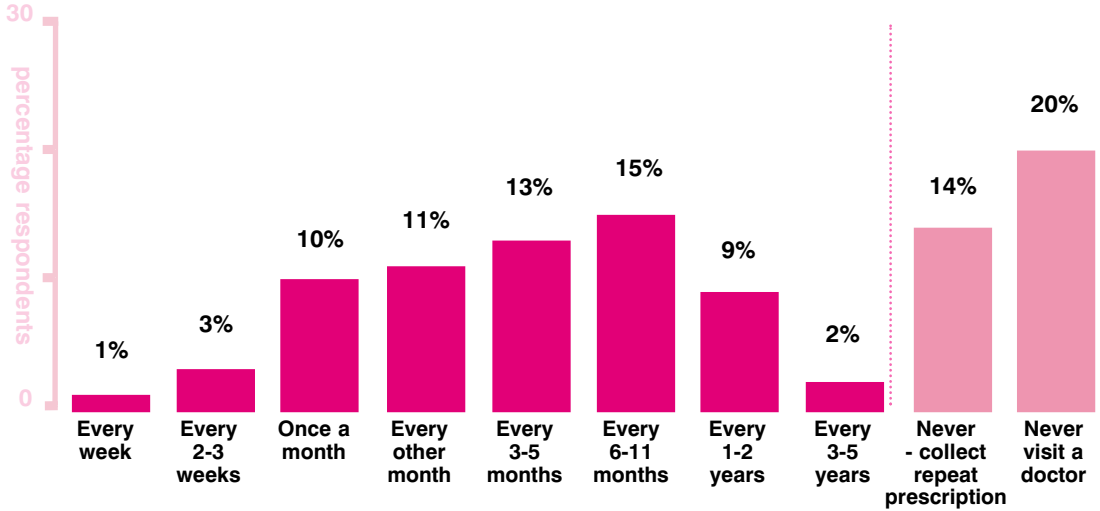

Question 5 Base: All respondents (Scotland) (254)

On average, respondents visit their doctor every five months about their OA, but a third never visit[9]

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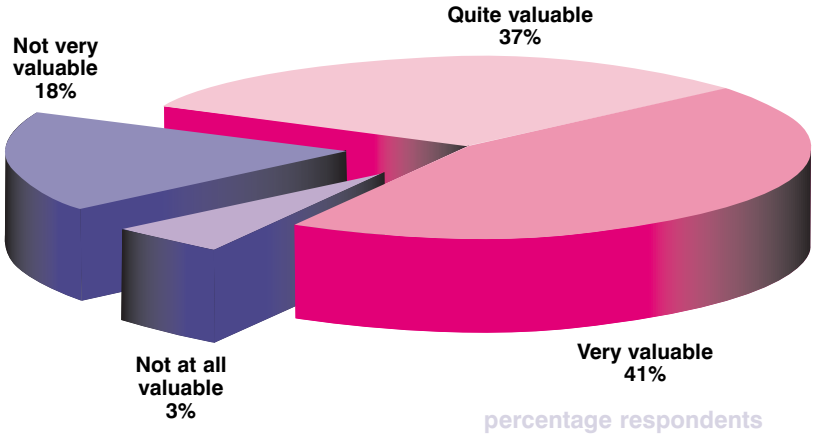

78% of respondents find doctor visits valuable[10]

Question 6 Base: All visiting doctor/specialist about arthritis (Scotland) (163)

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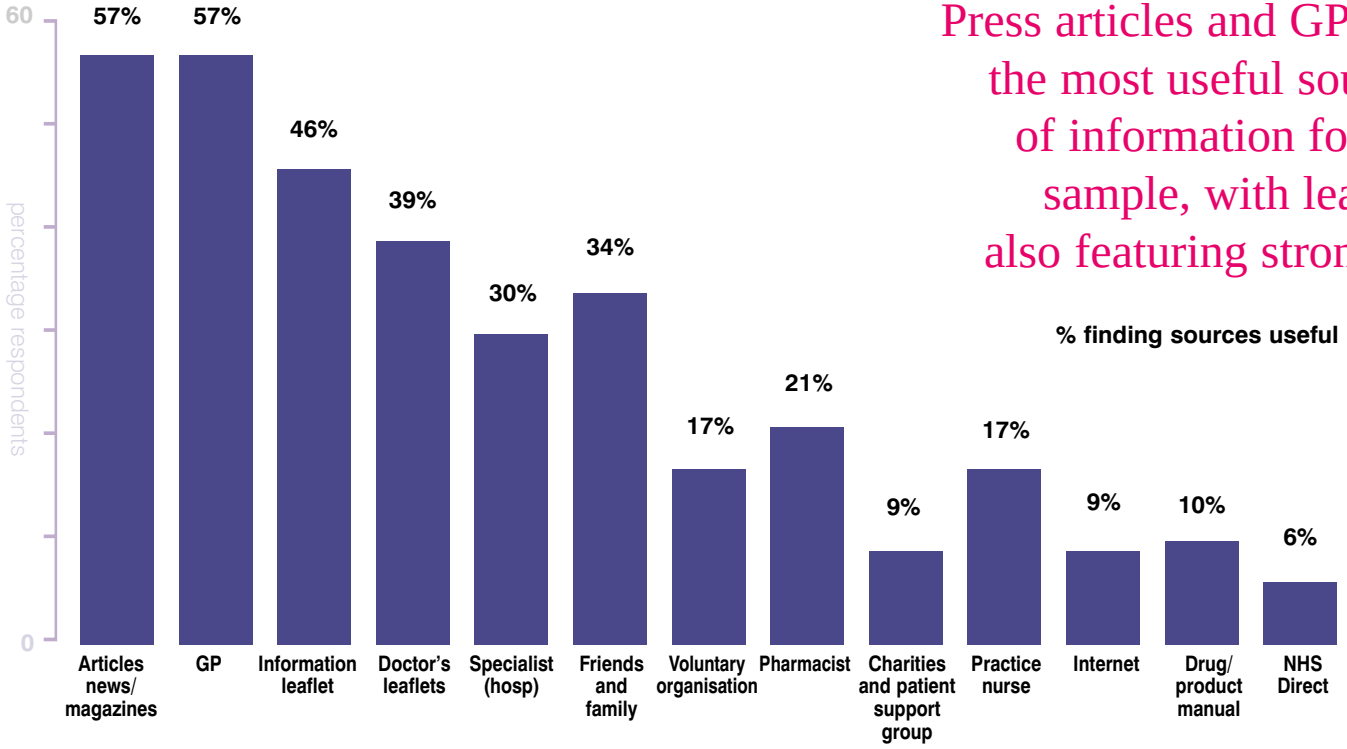
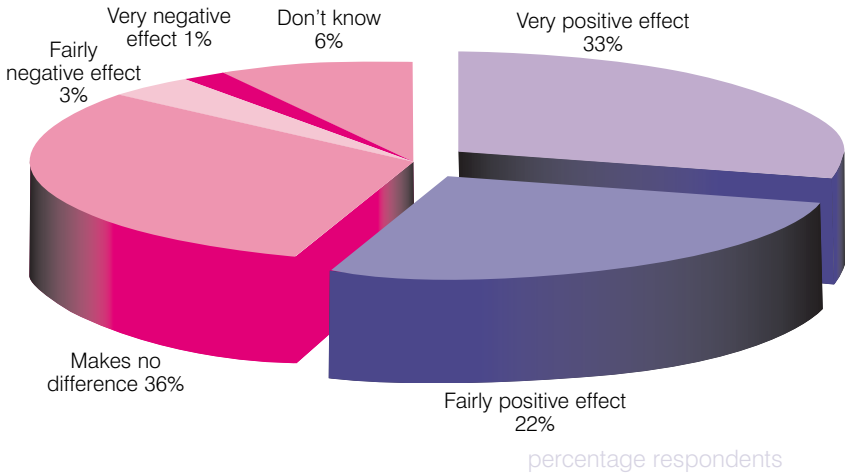
Press articles and GPs are the most useful sources of information for our sample, with leaflets also featuring strongly[11]



Question 22

Base: All respondents (Scotland) (254)



Question 25 Base: All visiting doctor/specialist about OA (Scotland) (163)

More than half the sample find their doctor responds positively to any acquired knowledge/ information the patient brings[12]

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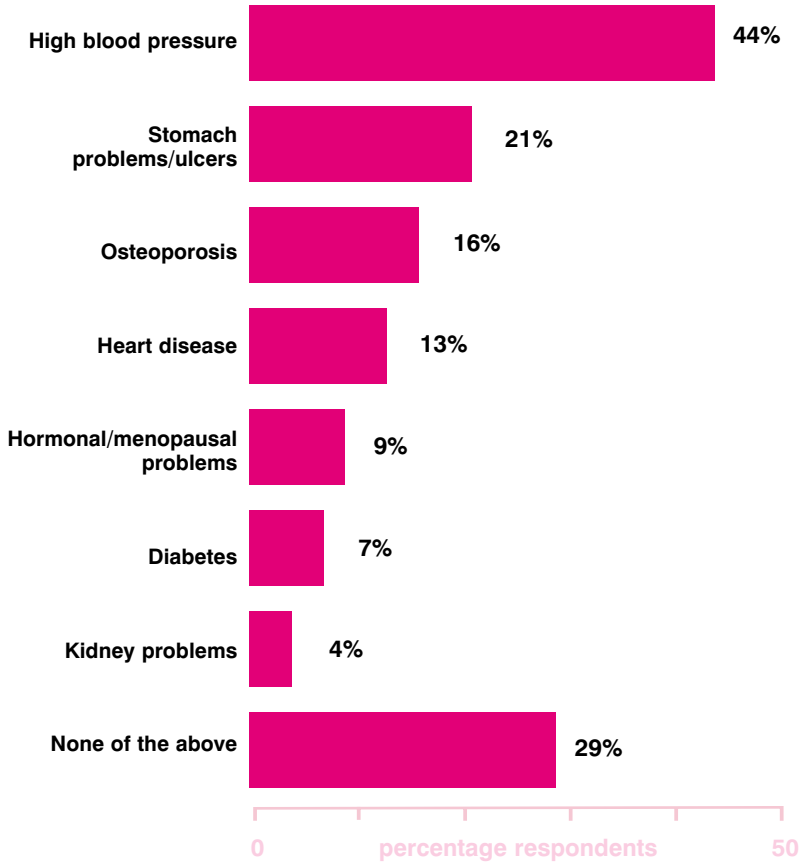

Question 20a

Base: All respondents (Scotland) (254)

71% of those interviewed have a concomitant medical condition[13]

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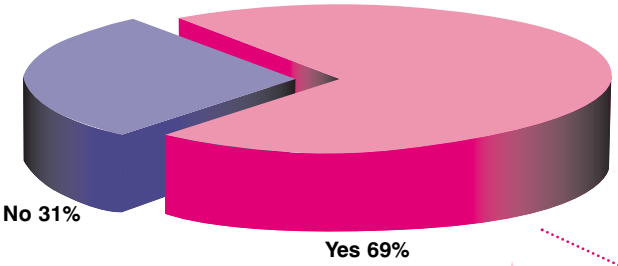
Medication for OA is usually NSAIDs, Cox-2s, painkillers or combinations thereof[14]

Currently taking medicine as prescribed or recommended by doctor?



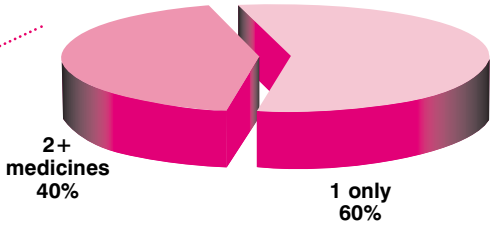
percentage respondents

Base: All currently visiting their doctor about arthritis (Scotland) (163)

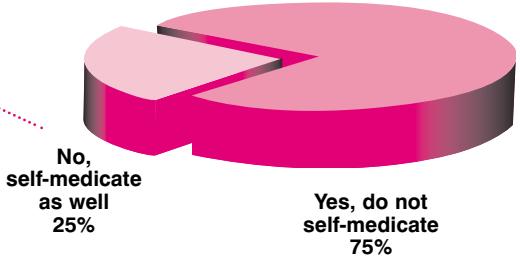
Drug types used:

- **NSAIDs (non-steroidal anti-inflammatories) (30%)**
- **Selective Cox-2 inhibitors (16%)**
- **Paracetamol (15%)**
- **Co-codamol (14%)**

Number of prescribed/GP recommended medicines taken?



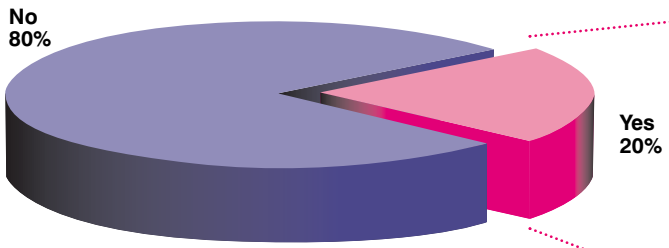
Is this the only type of medicine taken?



percentage respondents

Base: All receiving a prescription or doctor recommended medicine (Scotland) (113)

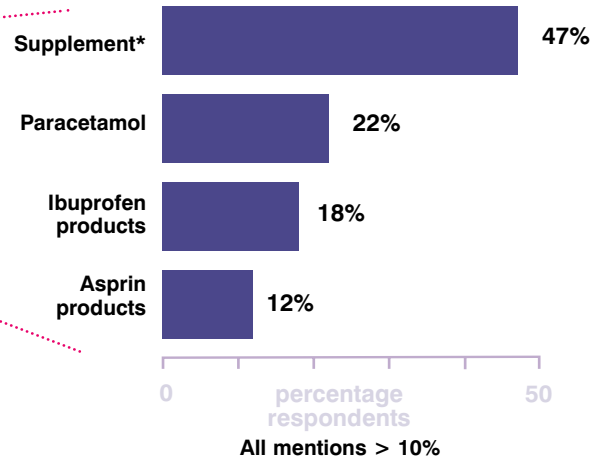
Other medicines used that are not prescribed or recommended by a doctor?



percentage respondents

Base: All respondents (Scotland) (254)

Type of self-selected medicine used ?



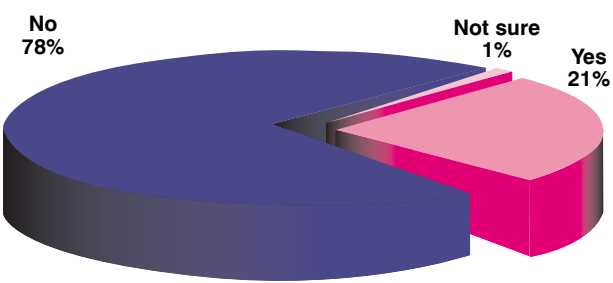
Base: All using other medicines to help control their arthritis (Scotland) (51)

* Includes Glucosamine Chondroitin, Cod Liver Oil and Fish Oils

Evidence of self-medication with or without doctor involvement[15]

A fifth of respondents have proactively asked about medication and the majority received it[16]

Requested prescription medicine by name?

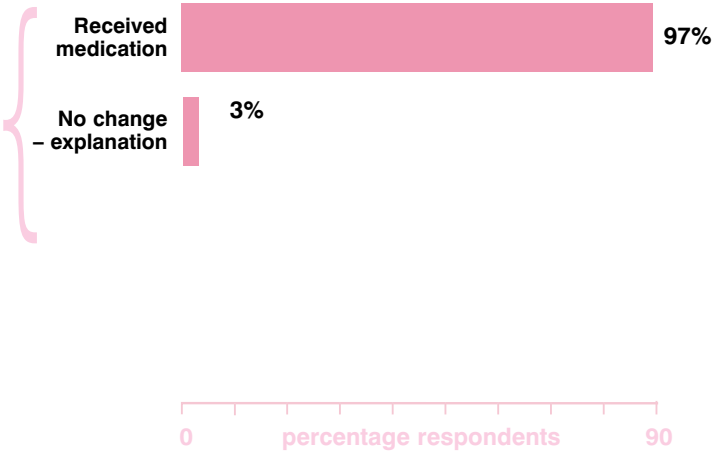


percentage respondents

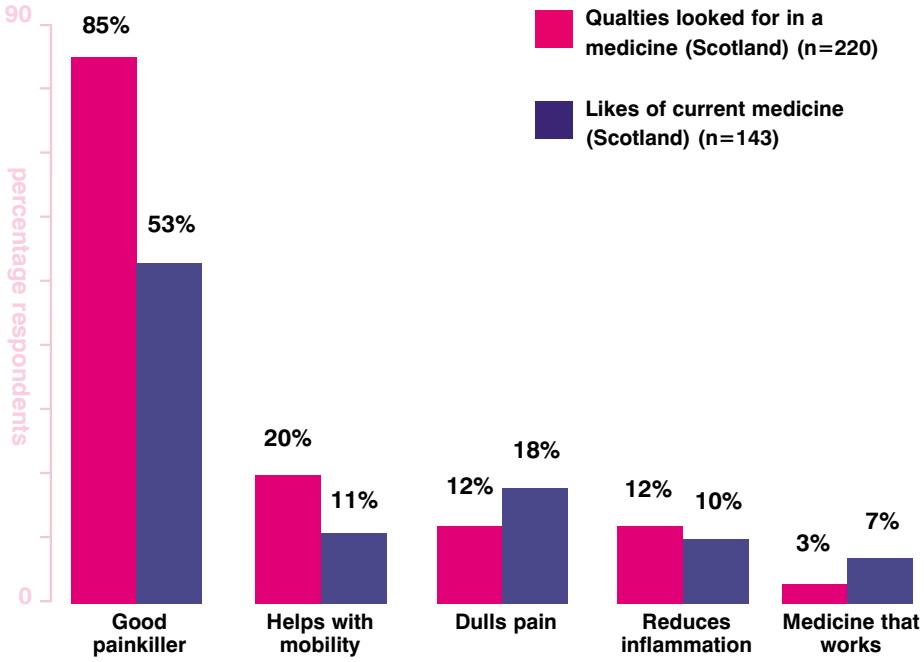
Base: All visiting doctor/specialist (Scotland) (163)

Question 26/27

Outcome from request?



Base: All recently asking doctor for prescription by name (Scotland) (35)



Question 9/12

Respondents want medicines offering more pain relief and help with mobility[17]

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

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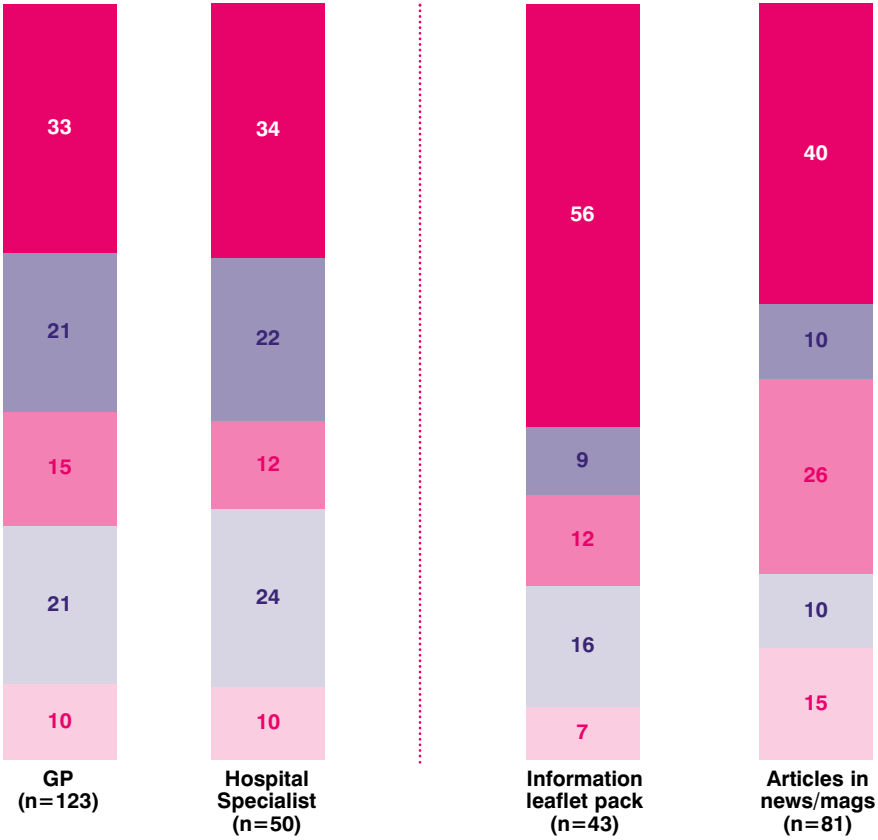
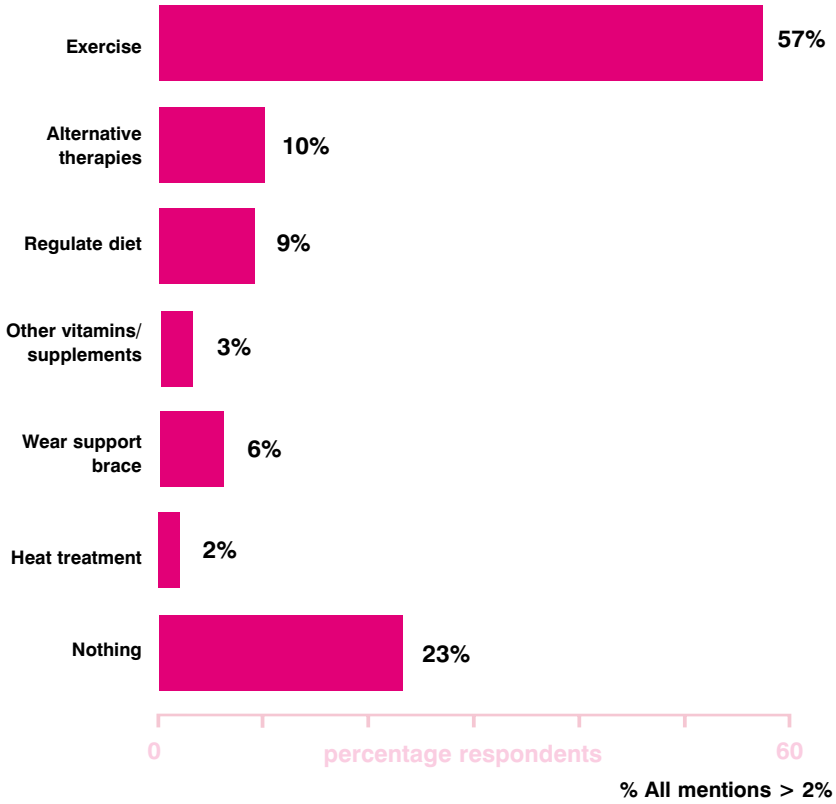


Question 24a-c (Total mentions)

Base: All finding each source of information useful

For our sample, 'easy to understand' is the most important factor in patient information[18]

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



Question 10 Base: All respondents (Scotland) (254)

57% of respondents use exercise to help manage their OA[19]

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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.*

3 *TNS/Arthritis Care Survey 2003, p693 Q16.*

4 *TNS/Arthritis Care Survey 2003, p720 Q18.*
TNS/Arthritis Care Survey 2003, (Scotland) p492 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, (Scotland) p198-206 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, (Scotland) p700-701 Q24a-c.*

19 *TNS/Arthritis Care Survey 2003, p176-177 Q10.*

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