



Arthritis

Last reviewed October 2020

Anxiety and Depression in Patients with Osteoarthritis: Impact and Management Challenges

<https://www.ncbi.nlm.nih.gov.proxy.queensu.ca/pmc/articles/PMC5098683/pdf/oarr-8-103.pdf>

This systematic review investigates the impact of anxiety and depression on outcomes in patients with osteoarthritis and summarizes the unique challenges that these comorbidities bring. **(OPEN ACCESS)**

Arthritis, Depression, and Falls Among Community-Dwelling Older Adults: Evidence from the Health and Retirement Study

<https://pubmed.ncbi.nlm.nih.gov.proxy.queensu.ca/27178205/>

The authors of this study used data from the Health and Retirement Study to examine the association between different types of arthritis and falls and understand whether clinically significant depression symptoms impact these relationships.

Association of Fear of Falling with Acceleration-derived Gait Indices in Older Adults with Knee Osteoarthritis

<https://link.springer.com/article/10.1007/s40520-018-1022-x>

The aim of this article was to examine the association between fear of falling and trunk oscillating while walking in older adults with knee osteoarthritis (OA), to further inform and evaluate gait patterns for preventing falls in older adults with knee OA.

Exercise Prescription for Older Adults with Osteoarthritis Pain: Consensus Practice

http://agingblueprint.org/wers/2014/12/oea_guidelines.pdf

This supplement to the AGS Clinical Practice Guidelines on the Management of Chronic Pain in Older Adults discusses the evidence that physical activity may play a preventative and restorative role in functional capacity in those with osteoarthritis (OA). **(OPEN ACCESS)**

Falls and Fear of Falling in Older Adults with Total Joint Arthroplasty: A Scoping Review

<https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-019-2954-9>

The aim of this scoping review is to synthesize and critically appraise evidence from literature that reports on falls, fear of falling, and risk factors associated with fall in older adults waiting for or recovering from total joint arthroplasty. **(OPEN ACCESS)**

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Improving Patient Reported Outcomes and Preventing Depression and Anxiety in Older Adults With Knee Osteoarthritis: Results of a Sequenced Multiple Assignment Randomized Trial (SMART) Study

<https://www.sciencedirect.com.proxy.queensu.ca/science/article/pii/S1064748119303033?via%3Dihub>

The authors conducted a sequenced multiple assignment randomized trial (SMART) study to evaluate the effect of cognitive behavioral therapy and physical therapy on patient-reported outcomes of older adults with knee osteoarthritis.

Metabolic Triggered Inflammation in Osteoarthritis

<https://www.sciencedirect.com/science/article/pii/S1063458414012801>

The authors discuss how meta-inflammation plays an important role in the pathogenesis of OA and argue the benefits of lifestyle changes to achieve improvements in OA symptoms. **(OPEN ACCESS)**

Positive Affect, Depressive Symptoms and Arthritis Pain of Elderly People

<https://www.longdom.org/articles/positive-affect-depressive-symptoms-and-arthritis-pain-of-elderly-people-over-time.pdf>

The authors investigated the dynamic change of arthritis pain and depressive symptoms over a four year period in a sample of older adults. **(OPEN ACCESS)**

Risk Factors and Burden of Osteoarthritis

<https://www.sciencedirect.com/science/article/pii/S1877065716000245>

This publication overviews the personal-level risk factors and joint-level risk factors associated with osteoarthritis (OA). A discussion on the prevalence, incidence and burden of OA is included. **(OPEN ACCESS)**

The Epidemiology and Impact of Pain in Osteoarthritis

<https://www.sciencedirect.com/science/article/pii/S1063458413007607>

This publication describes the scope of the problem of osteoarthritis globally and the cost burden of the disease. **(OPEN ACCESS)**