

PATTERN OF MUSCULOSKELETAL DISORDERS AMONG DIABETIC PATIENTS ATTENDING A TERTIARY CARE HOSPITAL IN DHAKA

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Abstract

Disorders of musculo-skeletal (MSK) system are common conditions seen in diabetic patients. The present study investigated the pattern of MSK disorders among the Bangladeshi diabetic patients attending the Department of Physical Medicine and Rehabilitation of a tertiary care hospital in Dhaka over a period of one year. A total of 2062 diabetic patients with MSK disorders were included in the study. Degenerative joint diseases were more common (53.2%) than inflammatory arthropathies (20.1%).

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Key Words: Musculoskeletal (MSK) disorders, diabetic patients, BIRDEM

Introduction

Diabetes is a multi-system disorder affecting 3 -7% of the adult population in different geographical areas.^{1,2} Diabetic patients may present with various MSK disorders. Adhesive capsulitis of shoulder joint is well established as a complication of diabetes.^{3,4} Trigger finger, catching and snapping of the fingers and complications involving joints e.g. Charcot's arthropathy are frequent in diabetic patients.^{5,6} The aim of this study was to find out the pattern of MSK disorders among the Bangladeshi diabetic patients attending the Department of Physical Medicine and Rehabilitation of a tertiary care hospital in Dhaka.

Materials and Methods

Diabetic patients with complains of MSK disorders attending the Department of Physical Medicine and Rehabilitation of Bangladesh Institute of Research and Rehabilitation for Diabetes, Endocrine and Metabolic Disorders (BIRDEM) between January – December 2005 were included in the study. Patients were categorized according to the criteria of American Rheumatology Association based on history, clinical examination and relevant investigations.

Results

A total of 2062 patients with MSK disorders were studied. Out of them 927 (44.9%) were males and 1135 (55.1%) were females. Out of 2062 patients, 31.9% were between the age group of 41-50 years and 29.8% was between 51 - 60 years. Majority were house wives (56.5%) followed by retired servicemen (16.3%), service holders (13.8%), businessmen (7.4%) and teachers (2.3%). Rheumatoid arthritis was the

Table-1: Common MSK disorders among diabetic patients (n=2062)

Name of disease	Number	Percent
Rheumatoid arthritis	415	20.1
Lumbar spondylosis	394	19.1
Cervical spondylosis	378	18.3
Frozen shoulder	341	16.5
Osteoarthritis of knee joint	168	8.1
Pelvic inflammatory disease	102	4.9
Trigger fingers	81	3.9
Non specific low back pain	65	3.1
Planter fosiitis	64	3.1
Lateral epicondylitis	54	2.6

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commonest (20.1%) inflammatory arthropathy while lumbar and cervical spondylosis constituted about 37% of all disorders. Details of the common MSK disorders are presented in Table-1.

Discussion

In the present series as well as in other studies, degenerative disorder of the locomotor system was found to be a common (50%) condition.⁷⁻⁹ Back pain was the most frequent MSK complain (32.9%) in our series which was similar to the findings of Bjella *et al.*⁸ Rheumatoid arthritis was the commonest inflammatory arthropathy in the present series which was also reported by Alam *et al.*⁷ It may be concluded that degenerative disorders of the MSK system are more common than the inflammatory ones amongst the diabetics.

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