

## عنوان مقاله:

Designed Educational Interventional Program and Knee Pain Prevention behaviors in women with knee osteoarthritis in Yasouj, Iran

## محل انتشار:

فصلنامه بین المللی پیشگیری از دردهای عضلانی اسکلتی، دوره 8، شماره 1 (سال: 1401)

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## نویسنده:

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## خلاصه مقاله:

**Aims:** This study will be done to evaluate the effectiveness of a designed educational intervention program in adopting knee prevention behaviors in women with knee osteoarthritis in Yasouj, Iran. **Method and Materials:** This research is a mix method study that has ۳ phases. The 1st stage is an observational checklist regarding risky behaviors of common daily activities will be provided based on literature review and interview with related specialists. In ۲nd stages of doing risky behaviors will be determined through interviews with women suffering from knee osteoarthritis. The third stage of this study will be a semi experimental study in which the designed educational intervention program will be tested. This study will be conducted on eligible ۱۰۰ women with knee osteoarthritis referred to the orthopedic clinic of Yasouj city in south of Iran. These women will be randomly divided into intervention and control groups, each one with ۵۰ participants. Just intervention group will be educated with intervention program The data collection instruments will be demographic profile questionnaire, Visual Analog Scale (VAS), self-efficacy questionnaire, Western Ontario and McMaster Universities osteoarthritis Index (WOMAC) questionnaire, muscle strength test and a checklist of protective behaviors. Data will be collected before and six months after the intervention of both groups and analyzed by software version ۲۴ SPSS. **Conclusion:** This study will determine that the designed educational program could be effective in improving the knee protective behaviors and consequently may be resulted in increased knee muscle strength, .decreased knee pain and manage the problems caused by knee osteoarthritis

## کلمات کلیدی:

Knee Osteoarthritis, Preventive Behaviors, Knee pain, Menopausal women

## لینک ثابت مقاله در پایگاه سیویلیکا:

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