

### Reduced quality of life in patients with acute Charcot osteoarthropathy

W Tang, NL Petrova, M Bates, T Jemmott, ME Edmonds

Diabetic Foot Clinic, King's College Hospital, London, UK

**Aims:** To measure quality of life in patients presenting with acute Charcot osteoarthropathy. **Patients:** We studied 43 consecutive patients who presented to a single centre with a red hot swollen foot over 2 years. All patients had either abnormal foot radiographs with typical Charcot changes or abnormal MRI scan. **Methods:** Quality of life at presentation was measured using SF-36 and EQ-5D questionnaires. From SF-36 we calculated the physical and mental health summary. Data on mobility, self-care, usual activities, pain/discomfort and anxiety/depression together with respondent's self-rated health on a vertical, visual analogue scale (VAS) was obtained from EQ-5D.

**Results** for all patients and according to the age group are presented in the table below.

Age group (years)	(20-39)	(40-59)	(>60)	Total	
Number of subjects	N=2	N=27	N=14	N=43	
Gender: Males: Females	0:2	21:6	13:1	34:9	
Type1:Type 2	2:0	11:16	0:14	13:30	
Duration of diabetes (mean±SD)	23±4.9	19±12.5	16±11.4	18±11.3	
Physical health summary (mean±SD)	34±16.2	36±10.6	37±11.4	36±10.1	
Mental health summary (mean±SD)	49±21.1	48±12.1	53±13.9	50±11.7	
MOBILITY	No Problems	1	8	4	13
	Problems	1	19	10	30
SELF-CARE	No Problems	2	23	11	36
	Problems	-	4	3	7
USUAL ACTIVITIES	No Problems	1	9	3	13
	Problems	1	18	11	30
PAIN / DISCOMFORT	No Problems	1	11	6	18
	Problems	1	18	8	25
ANXIETY/DEPRESSION	No Problems	2	15	9	26
	Problems	-	12	5	17
Health score (VAS %)	75%±35	66%±20.5	67%±19.8	67%±20.4	

**Conclusions:** This study has shown that physical and mental health scores are low in patients with acute Charcot osteoarthropathy regardless their age. Furthermore, 70% of patients report mobility problems and difficulties with their usual daily activities, 58% experience pain and discomfort and almost 40% report anxiety and depression. This indicates a severe reduction in quality of life in this group of patients.