

Uit de kliniek: Heupartrose: werkgerelateerde diagnostiek, preventie en casemanagement

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Artrose staat op de negende plaats in de top tien van ziekten met de grootste ziektelast (DALY's) en is de enige aandoening aan het bewegingsapparaat in de top tien. Op de eerste plaats staan coronaire hartziekten en op de tiende plaats dementie. Deze topnotering voor artrose komt niet door het aantal verloren levensjaren, maar door het grote aantal personen met deze aandoening inclusief de bijbehorende afname van kwaliteit van leven.¹ Het RIVM stelt dat door demografische ontwikkelingen de verwachting is dat het absolute aantal personen met artrose tussen 2000 en 2020 met 38% zal stijgen.² Het Nederlands Centrum voor Beroepsziekten concludeert dat de arbeidsgelateerdheid van artrose van knie en heup voor uitval uit en terugkeer naar werk in het komende decennium steeds belangrijker wordt.³ Dit komt onder andere doordat werknemers op latere leeftijd stoppen met werken, de verwachte toename van overgewicht en de aanwezigheid van risicofactoren in het werk voor deze aandoeningen. Om de mate van arbeidsgelateerdheid van deze aandoeningen op een systematische manier te bepalen, zijn registratierichtlijnen voor artrose van de knie en de heup ontwikkeld. De registratierichtlijn voor de knie (Doos)⁴ is geaccordeerd en beschikbaar op www.beroepsziekten.nl, knop 'registratierichtlijnen'.⁵ Een registratierichtlijn voor heupartrose verschijnt in 2008. Dit artikel geeft een overzicht van het ziektebeeld, prevalentie en incidentie, diagnostiek voor de eerste lijn, risicofactoren en preventie en casemanagement voor heupartrose. Speciale aandacht wordt besteed aan de werkgerelateerde risicofactoren.

ZIEKTEBEELD, PREVALENTIE EN INCIDENTIE

Artrose is in Nederland de meest voorkomende gewrichtsaandoening.⁶ Artrose is een aandoening van het kraakbeen in een gewricht. De mate van slijtage bepaalt de ernst van de aandoening. Soms is de kraakbeenslijtage zo ernstig dat ook het bot wordt aangetast. De symptomen bij artrose zijn toenemende pijn na belasting, stijfheid en bewegingsbeperking. De belangrijkste patho-

fysiologische veranderingen zijn:

- vermindering van dikte en kwaliteit van het kraakbeen;
- verdikking van het subchondrale bot;
- osteofytvorming aan de randen van het gewricht;
- chronische ontsteking van het synoviale weefsel.

De meest aangedane gewrichten zijn heup, duim en knie. In het ERGO-onderzoek van de Erasmus Universiteit Rotterdam is het aantal personen van 55 jaar en ouder met radiologisch aantoonbare heupartrose bepaald. De schatting is dat in 2000, 257.400 personen in Nederland heupartrose hebben: 71.100 mannen en 186.300 vrouwen.⁷ Het Epidemiologische Preventief Onderzoek Zoetermeer (EPOZ) uit 1975–1978 stelde de incidentie van heupartrose vast voor personen van 45–65 jaar. In 9 jaar tijd kreeg 9% van de mannen (10 per 1.000 persoonsjaren) en 12% van de vrouwen (14 per 1.000 persoonsjaren) heupartrose.⁸

DIAGNOSTIEK

De Nederlandse Orthopaedische Vereniging heeft een richtlijn over diagnostiek en behandeling van heupartrose opgesteld.⁹ De klinische symptomen met een goede voorspellende waarde om vast te stellen of bij een cliënt met pijn in de heup sprake is van artrose zijn vermeld in tabel 1. Wanneer de bevindingen van anamnese en lichamelijk onderzoek de aanwezigheid van artrose in de heup aannemelijk maken, heeft radiologisch onderzoek weinig meerwaarde. Bij discrepantie tussen anamnese en bevindingen bij lichamelijk onderzoek kan aanvullend radiologisch onderzoek van waarde zijn. Aanvullend radiologisch onderzoek is in principe alleen nodig wanneer de uitslag gevolgen heeft voor de behandeling.

WERKGERELATEERDE RISICOFACTOREN

Twee recente literatuurstudies concluderen dat beperkt tot sterk bewijs beschikbaar is dat fysiek zwaar werk, sporten met een hoge intensiteit en/of kans op trauma en overgewicht risicofacto-

BEWEGINGS-
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