



WEB OF SCIENCE

ASSESSING THE DISABILITY AND QUALITY OF LIFE IN PATIENTS WITH RHEUMATOID ARTHRITIS IN RELATION TO ACTIVE REHABILITATION PROGRAMS

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Abstract

Introduction. Rheumatoid arthritis is joint pathology, which affects about 1% of the population on the planet. Disability and work capacity are the severe consequences of the rheumatoid artier and manifests 49% of patients. Functional disability is the cause of loss of work productivity and unemployment among young patients. The progressive nature of the disease is always accompanied by the determination of physical disabilities. Active functional rehabilitation and patients' content is important for preserving the workplace and social activities.

Objective: Analysis of the degree of disability and daily activities in patients with rheumatoid arthritis, trained in different rehabilitation programs.

Material and methods. 78 patients with rheumatoid arthritis were included in the study. After randomized allocation in 2 lots, the research continued with 40 patients in Lot 1, where patients received treatment is conventional rehabilitation and Lot 2 with 38 patients who received conventional rehabilitation treatment and active functional treatment. The effectiveness of treatment programs applied in both lots was analysed by assessing the degree of disability (Rankin scale) and the quality assessment of life through the HAQ scale, initially occurred at hospitalization and after 1 month of treatment.

Results. After one month of initiation of active functional rehabilitation in the patient group, the average disability index dropped from 3.57 ± 0.50 points to 2.80 ± 0.64 points after the Rankin scale ($P < 0.05$), the Quality of life After the HAQ scale demonstrated a advance of 1.62 ± 0.39 points to 1.23 ± 0.41 punctions conventional ($p < 0.05$). In the group of patients with active functional treatment, the disability index fell from 3.47 ± 0.51 Point to 2.39 ± 0.59 points ($p < 0.05$), the quality of life parameters progressed from 2.06 ± 0.50 to 0.92 ± 0.40 conventional bridges ($p < 0.05$). After a month of medical rehabilitation treatment in both batches, there is a decrease in the disability index and an increase in functionality, reflected in increasing the quality of life, but in lot 1 the disability index decreased by 21.556% and the quality of life increased by 24, 07%, and in the Lol 2 disability decreased by 31.12% and the quality of life increased by 55.34%.

Conclusion, Analysis of the degree of disability and quality of life has highlighted that the association of conventional rehabilitation programs positively influences the dynamics of life quality and diminishing the degree of disability.

Key words: *rheumatoid arthritis, functional rehabilitation, degree of disability, quality of life*