Assessing the impact of patient’s education on compliance of resting hand orthosis in rheumatoid arthritis

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Keywords: Rheumatoid arthritis; Resting splint; Compliance; Patient’s education

Introduction. Rheumatoid arthritis is an chronic painful rheumatoid illness with deformities and functional handicap and less quality of life [4]. Non-pharmacological treatment is recommended until March 2007 [3] but there is a few researches. Hand positioning splint’s efficacy is known on pain, dexterity and quality of life. In literature, the compliance and tolerance of splint is studied [1,2] without to study the importance of patients’ information.

Patients and methods. This study was focussed on patients with RA and pain and/or hand deformities at the hospital of Rennes. The objective is to study the impact of patients’ information on compliance of hand positioning splint.

Results. Twenty-two patients was included in two groups: one with oral information and another without. In the non-educated group, 7/12 patients are compliant more than 50% of night whereas in the other group, 7/10 patients are compliant. So 58% in the non-educated group against 70% in the educated group.

Conclusion. There is no statistical difference between the two groups. One-year follow-up results are being analysed.

Keywords: Rare disease; Patient education; Disease hypermobile Ehlers-Danlos type

Introduction. The disease Ehlers Danlos hypermobile [1] is a rare connective tissue disease responsible for a chronic pain syndrome. PrEduSED is the first therapeutic education program (ETP) for hyper mobile EDS Patients in partnership with the French Association of Ehlers-Danlos syndrome (AFSED).

Objectives. Improve self-management of pain, fatigue, and episodes of instability. Learn how to communicate about the disease, and its repercussion in the everyday life. Improve quality of life knowledge and skills about self-care which will enable the person to become an “expert patient” [2].

Procedure. This program is built according to the recommendations of the High Authority for Health (HAS) and is provided by a multidisciplinary staff including rehabilitation physician, geneticist, rheumatologists, physiotherapists, occupational therapists, psychologists, a member of the AFSED.

Different modules address the disease, its genetic transmission, methods of diagnosis, drug and non-drug treatments, pain, physical activity, the equipment, the impact emotional and social as well as a special workshop for careers. The evaluation of the program at T0 and one year relates to the quality of life (SF12), fatigue (Fatigue scale FIS), coping (CSQ-F), body image (QIC), anxiety and Depression (HAD) and a self-assessment of knowledge and skills (quiz).

Results. Eighteen patients benefited from the program (17 women, 1 man) with a mean age of 35.3 years. It was noted in all patients at T0 an anxiety syndrome, chronic fatigue syndrome, a disturbed body image. Coping strategies are rather positive. Seventy-five percent of participants with disabilities to work or disability.

Conclusion. This program is innovative in the context of rare and received certification of ARS Rhône-Alpes. Different research programs on the real impact of PrEduSED which are being recognized by the French Association for the Development of Therapeutic Education (price AFDET 2013).

References

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Keywords: Amputee; Therapeutic education; Literature review

Introduction. The experience of amputation is at the origin of an undeniable change in quality of life with a somatic and functional impact. The quality of life depends on individual and environmental factors that can be modified by the

References

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Therapeutic education for hyper mobile EDS patients: “PrEduSED”

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Conclusion. This therapeutic educational program integrated into the care allows to reach in a complete or partial way the educational objectives defined by the patients and the nursing, in an important proportion (90%).

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