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Fears and faiths in spondyloarthritis
I. Tavares, J. Morel
CHU lapeyronie, avenue Doyen-Gaston-Giraud, 34000 Montpellier, France
*Corresponding author.
E-mail address: isabelletavares@yahoo.fr

Objective.– Evaluation of the fears and the faiths of the patients affected by spondyloarthritis as well as the echo of their chronic disease.

Patients and methods.– Twenty-four patients affected by stiffening spondylarthritic disease for a biarthropics participated in a therapeutic educational program concerning their chronic disease. They all benefited from a shared educational balance assessment, during which the fears and the faiths concerning their disease as well as its echo was noted. An evaluation of the knowledge was also realized by means of a validated and specific questionnaire.

Results.– About 65.2% of the patients describe an echo on the leisure activities, 56.5% on the married and family life, 52.2% on the social life, 65.2% on the professional life, 78.2% on the morale, 65.2% on the image. The duration of evolution average of the disease was of 10 years [1-25 years]. Patient 47.8% knew the genetic or family origin of the disease. As regards the aggravating factors of the disease, the faiths concerned: the food for 34.8%, the physical activity for 39.1%, the inactivity for 13%, the climate for 21.7%, an infectious origin for 21.7%. The score of the questionnaire of knowledge realized before the program was on average 7.8 on 14 [3-12]. Their vision of the future and the evolution is considered as negative for 43.5% and is positive for 21.7%, stable.

Conclusion.– These elements underline the importance of a global approach of the patient, in particular to work on the faiths and the knowledge but also to target the improvement of the quality of life of the patients.

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Interest of a program of patient education associated with a non-intensive multidisciplinary rehabilitation in chronic low back pain
B. Lemarchand, B. Deramoudt, M. Damphousse, I. Bonan

B. Lemarchand a, B. Deramoudt b,*, M. Damphousse b, I. Bonan b

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