P185-e
Algo-functional and psychological benefits of a therapeutic education program in rheumatoid arthritis
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Keywords: Rheumatoid arthritis; ETP

Introduction.-- Rheumatoid arthritis is a chronic disease in which the information and education are involved in improving the quality of life.

Method.-- Prospective study, 60 patients following ETP 05 days 09/2012–4/2013, 49 evaluated before and then 03 months: EVA dl, HAQ, HAD; DAS28.

Results.-- Sixty patients, 52 women, mean age 47.2 years; 36.7% are active; married with children.

ATCD: HTA (11.7%), diabetes (18.4%) dyslipidemia (1.7%), family PR (11.7%). Evolution of the disease within 05 years (26.7%), over 10 years (31.7%), ACJ (6.7%). Methotrexate 44%; 75% corticosteroids; 21.27% progressive weaning; 86.67% bioterapy 78, 40% deformed hands & wrists, sica syndrome (13.3%). 30.97% carpalia; tarsites 60 patients included, 11 abstenions median satisfaction scale 90.06/10. At three months: EVA pain reduction (63.3%), 28 DAS VS (69.4%) HAD (63.26%); HAQ (61.8%) complete remission (6.4%).

Conclusion.-- There is an improvement (60%) on pain, functional, psychological, unlike the activity of the disease.

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P186-e
Validation of a booklet concerning auto-strengthening after ACL reconstruction
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Keywords: Booklet; ACL reconstruction; Patient education

Introduction.-- The level of muscular recovery conditions the functional restoration after ACL reconstruction. The pursuit of an auto-strengthening is required but is difficult without an appropriated documentation. It’s necessary to write and validate a notebook of auto-strengthening.

Objective.-- Validation of a booklet of follow-up after ACL reconstruction with for purpose: to Inform them about their pathology and about the principles of muscular strengthening, allow them, on the basis of a program of exercises, to make a secure auto-strengthening, to allow a good recovery.

Method.-- Redaction of the booklet. Review by a group of experts: modification of the first version. Validation by a pluridisciplinary group of expert. Evaluation on two groups of patients of the influence of the booklet on a score of knowledge before reading and 2 weeks later.

Results.--The reading of the booklet will allow to bring modifications and the experts remarks will be included if the booklet is validated. Among the patients, we shall verify if the group having benefited from the booklet will have improved its knowledge compared with the control group.

Discussion.-- It will be discussed the validation or not of the booklet and the possible improvement of the knowledge of the patients.

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P187-e
The brief home stay prepares! A help workshop for the caregivers of brain injured hospitalized patients
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Keywords: Brain injured patients; Caregivers; Therapeutic program; Handicap; Multidisciplinary team

Objective.-- Prepare the caregivers for the home return by 3 means: making them aware of the deficiencies and their consequences in their way of life; setting up means to make up for restrictions of activity; establishing protective measures for themselves. Maximize security and comfortable conditions.

Method.-- The 3-hour long meeting consists of 3 workshops: health, sensitive and motor, behavior and cognitive. It conducted jointly by a multidisciplinary team, for caregivers of hospitalized patients. The content is adapted to demands of caregivers. The workshop is evaluated by participants with satisfaction questionnaire, and by the team itself through debriefing meetings.

Results.-- Since October 2011, 16 meetings were set up with 116 caregivers, representing 63 different patients (neurologic lesion, sensitive and motor and/or behavioral and cognitive handicaps). The caregivers were mainly family members: spouse (32%), parents (26%) and siblings (21%).

Discussion.-- Caregivers are an integral part of the care (or support) and the development of a life project. The workshop enables an early awareness of the disabilities and handicap, so as to optimize safety conditions when returning home.

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P188-e
Engagement in training of aphasics’ family
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Keywords: Stroke; Family; Therapeutic patient education

Objective.-- From 2010 until 2012, during the national program of training by the FNAF (French National Aphasis Federation) and the CFO (French Orthophonic Council) with the family of the aphasics people, we observe a significant difference of commitment in training in the aphasic person had had a stroke unless 6 months, 5 years or more than 10 years [2].

Method.-- An investigation with techniques of the “narrative of life” [1] was proposed to participants.

Results.-- After analysis, they will be presented and discussed.

Discussion.-- The use of techniques usually used in social sciences, here the “narrative of life”, allows describing the caregivers in term of activity. Their engagement in training is better understood. Consequences for Therapeutic patient education will be discussed.

References

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