

THE QUALITY OF LIFE IN SOME RHEUMATOLOGICAL PATIENTS

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Introduction

Rheumatological diseases is a group of chronic diseases that involve musculoskeletal system and influence quality of life (QoL), most common rheumatological diseases are rheumatoid arthritis (RA), psoriatic arthritis (PsA), systemic lupus erythematosus (SLE) and idiopathic inflammatory myopathies (IIM)

Keywords

quality of life, rheumatological patients

Purpose

To assess the quality of life in patients with rheumatic diseases

Material and methods

Clinical and demographic data was collected. SF-8 tool, with mental (MCS) and physical (PCS) component, was used to determine the level of QoL in the study group. Collected data was analyzed using MedCalc v12.7.0

Results

The study group consisted of 52 patients as follows: RA-16, IIM-10, SLE-12, PsA-14 patients

Table 1. General characteristics of the study group

Parameters	Values
Mean age at the time of research, years (\pm SD)	49,04 \pm 10,37 (range 23-71)
Mean age at the disease onset, years (\pm SD)	38,01 \pm 10,48 (range 13-61)
Mean disease duration, months (\pm SD)	137,11 \pm 17,62 (range 5-322)

Results

The general characteristics of the study group is represented in table 1. The QoL in SLE patients was for PCS-38,5 \pm 10,7, (ranges 25,6-58,8), and for MCS-43,1 \pm 9,7 (ranges 20,9-53,6) points; in IIM patients was for PCS-39,3 \pm 8,8 (ranges 24,2-49,7) and for MCS-42,6 \pm 8,7 (ranges 20,4-51,0) points; in AR patients was for PCS-38,6 \pm 13,7 (ranges 20,1-61,0), and for MCS-45,8 \pm 9,8 (ranges 28,0-62,0) points; in PsA patients was for PCS-39,2 \pm 8,9 (ranges 27,9-58,7) and for MCS-42,3 \pm 9,2 (ranges 23,9-53,6) points

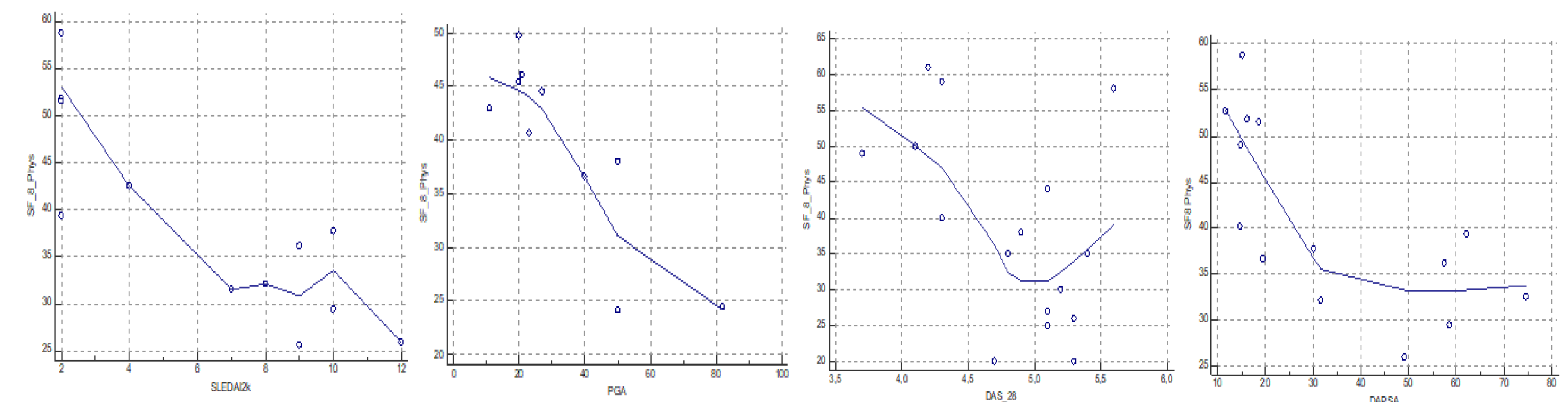


Figure 1. Correlation analysis of QoL and disease activity in SLE, IIM, RA, PsA patients

The data presented in figure 1, demonstrates strong indirect correlation between physical component of SF-8 and disease activity measured for SLE ($r=-0,8$ $p=0,05$), IIM ($r=-0,85$ $p=0,001$), and PsA ($r=-0,7$ $p=0,05$), and moderate for RA ($r=-0,47$ $p=0,005$), patients

Conclusions

The quality of life in rheumatological patients is lower compared to general population, with values for physical component 38,9 \pm 10,7 (ranges from 20,1 to 61,0), and for mental component-43,6 \pm 9,2, ranges from 20,4 to 62,0 points