

QUALITY OF LIFE IN PATIENTS WITH DIABETIC RETINOPATHY USING “SF-36 HEALTH SURVEY TEST”

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Introduction: WHO defines Quality of Life as an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns.

Aim: To compare the quality of life of patients with diabetes according to the presence or absence of diabetic retinopathy (DR).

Materials and methods: Two groups of 108 diabetic patients each, were created, one included patients with DR from which 86% associated macrovascular complication, and the second without DR, from which 83% associated macrovascular complication. Patients were recruited from the Ophthalmology Department of the Institute of Emergency Medicine in Chisinau during the years 2016-2020.

Results: The analysis of the results of the SF-36 questionnaire, according to the answers of patients with DR, determined that the level of health is rated as excellent by 1.9% (vs. 3.7% of patients without DR), very good - 15.7% (vs. 20.4% in the second group), good - 22.2% (35.2% of patients without DR), mediocre – 46.3% (35.2% of patients without DR) and bad - 13.9% (5.5% of patients without DR). Compared to the previous year, the respondents assessed their health level as follows: much better than the previous year - 5.55% (vs. 7.4% of patients without DR), slightly better - 22.2% (vs. 23.1% of patients without DR), approximately the same - 40.7% (vs. 48.1% of patients without DR), slightly worse - 25.9% (vs. 18.5% of patients without DR), much worse - 7.4% (vs. 2.7% of patients without DR). 37.9% of patients (vs. 39.8% of patients without DR) stated that tiring activities such as running, lifting heavy objects, participating in sports activities were impossible to perform. It was found that the average value of physical activity in patients with DR, represented by the possibility of self-service, walking distance of 500 meters, was 71.8 (vs. 73.7 of patients without DR). The mean value of activity and attention reduction in DR patients was 72.4 vs. 76.7 in patients without DR. The mean value of nervousness and depression in patients with DR was 67.2 vs. 70.9 in patients with diabetes without DR. Simple correlation analysis according to the Pearson method showed that the worsening of health in patients with diabetes determined a direct correlation with nervousness and depression ($r=0.32$; $p<0.05$).

Conclusion: The mean health score of patients with DR was 64,6%, while in the group without DR-68,7%. Diabetes and its neuroophthalmic complication have an important influence on the psycho-emotional and physical status of the patient, bringing a significant contribution to physical and motor disorders.