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Evaluation of functional status and disease activity in patients with rheumatoid arthritis

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Background: Rheumatoid arthritis (RA) is a multisystemic, autoimmune, chronic, inflammatory disease whose main characteristic is persistent symmetrical joint inflammation that results in joint damage, loss of function and socioeconomic loss (1,2).

Objectives: The aim of this study is to evaluate the functional status and disease activity of patients with RA.

Methods: In this study, a total of 45 RA patients participated voluntarily. Clinical and laboratory assessments were performed. Inflammatory markers such as C- Reactive Protein (CRP), Rheumatoid Factor (RF) and Erythrocyte Sedimentation Rate (ESR) were measured. The Health Assessment Questionnaire (HAQ) was assessed to document physical function. DAS28 score was calculated to assess disease activity.

Results: Of the 45 patients included, 28 (62.2%) were female and 17 (37.8%) were men. Patients showed mean age of 51.95 ± 8.62 and disease duration of 10.97 ± 7.48 years. The mean ESR (mm / h) was 38.51 ± 18.23 , the mean CRP (mg / dL) was 21.58 ± 16.20 and the mean RF (IU / dL) was 164.89 ± 143.70 . The mean HAQ score of the patients was 14.10 ± 12.32 . According to the results of the disease activity, 12 women got high disease activity scores while 4 female obtained remissions cores. According to DAS-28 results, 3 male patients were remission and 7 male patients were at high disease activity level. There was a statistically significant positive correlation between HAQ and DAS-28 scores ($r = 0.624$, $p < 0.05$). ESR, CRP and RF values via HAQ scores were statistically significant ($p < 0.05$). There was no statistically significant difference between the duration of illness and gender ($p > 0.05$). There was a statistically significant relationship between duration of disease and DAS-28 score ($r = 0.521$, $p < 0.05$). Parameters except mean CRP and HAQ scores were not statistically different between female and male patients.

Conclusions: The functional disability is the most important result for patients with RA. Individuals need to help others in their daily life activities and disease activity is directly related to each other. Acquisition of functional independence will help to improve various parameters including quality of life.

References:

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Biography

She was graduated from Hacettepe University School of Physical Therapy and Rehabilitation in 1994. She was fulfilled both master (1996-1998) and doctorate (1998-2002) at Hacettepe University Institute of Health Sciences. She has been working as a lecturer at Muğla Sıtkı Koçman University School of Health Sciences Department of Physiotherapy and Rehabilitation since 2006. Her field expertises are orthotic and geriatric rehabilitation.

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