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Introduction and Objective

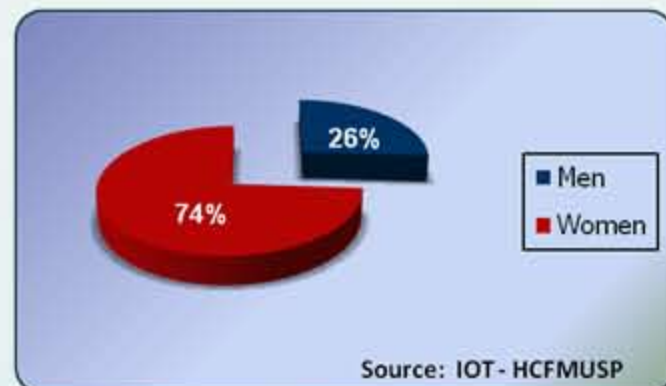
Osteoarthritis is a chronic inflammatory disease that causes deformities and can be extremely disabling and painful. Small changes in the conduct of activities can prevent the acceleration of disease progression, with reduced pain and joint wear, contributing to a better quality of life and independence of these patients.

This research has its focus and a preventive character on a sample of patients with osteoarthritis in a public Hospital in Sao Paulo / Brazil and consists of an evaluation, education and practical activities of daily living program performed with strategies on energy conservation, joint protection, rest breaks discipline and fitness habits. Its purpose was to create an orientation program of activities of daily living to promote behaviour changes in order to improve the life quality of patients with osteoarthritis.

Method

The study was conducted with a group of 240 patients, 74% female and 26% male, with ages between 40 and 80 years. The inclusion criteria was a previous diagnosis of osteoarthritis in non-surgical treatment. The patients were seen by a multidisciplinary team and evaluated by occupational therapists (hand therapists).

Two life quality questionnaires were performed before and after the program: the Disabilities of Arm, Shoulder, and Hand (DASH) and the Health Assessment Questionnaire (HAQ). The patients had theoretic and practical lessons in a laboratory simulating a house with several adaptations and components, arranged in the environment following the Brazilian Technical Standards (NBR) for height, size and movement in space. Pamphlets about activities and all the practice were handed at the end of the class.



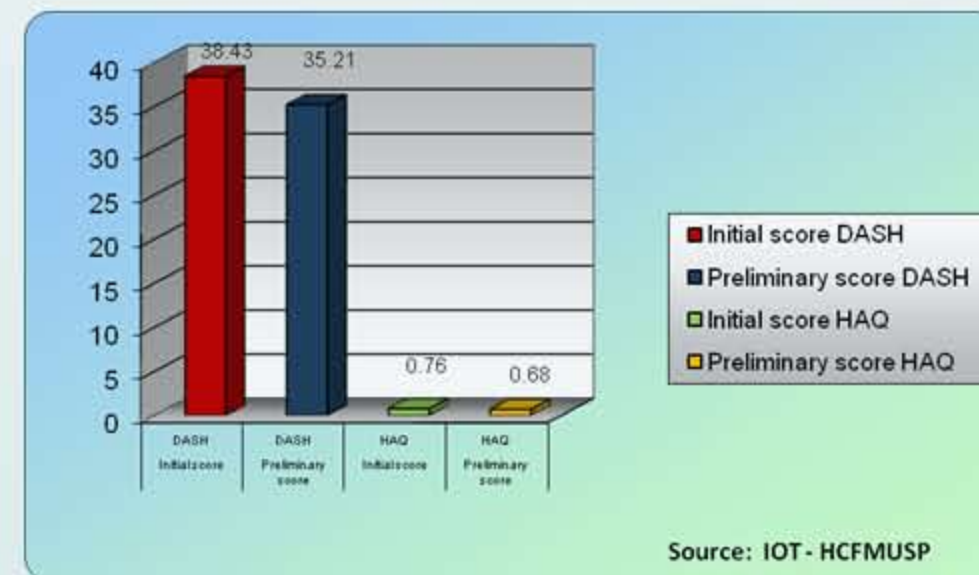
Source: IOT- HCFMUSP

Distribution of individuals according to gender - sample of 240 patients



Results and Conclusion

We concluded that there was a significant difference in the DASH and HAQ scores, showing that the program had a positive effect regarding changes in fitness habits, energy conservation and joint protection. However, more studies on the program are necessary to evaluate its progress and define the real benefits of the proposed orientation group.



Source: IOT- HCFMUSP

Data range between the initial and preliminary evaluations - DASH and HAQ