

P72: Physical exercise and quality of life in Ankylosing Spondylitis

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Introduction: Ankylosing spondylitis (AS) is an inflammatory rheumatic disease, chronic and systemic. AS affects Quality of Life (QoL) negatively resulting in different degrees of disability. The factors that contribute most to the decrease of QoL are the decline of functional capacity, increase of pain and psychological changes. Exercise has proven to be essential in the control/reduction of symptomatology and consequently improvement of QoL.

Objectives: Evaluate the effects of a specific exercise program in QoL in patients with AS.

Materials and Methods: We conducted a quasi-experimental study with 28 individuals with AS, divided into group-based, home-based and group-control. All participants, except the group-control, did the specific exercise program to AS for 12 weeks. Was used the Bath Indices and SF-36 in two moments M0 (before) and M1 (after). Was used the ANOVA and t test (parametric) and Kruskal-Wallis (non-parametric) for the intergroup analysis, and t test (parametric) and Wilcoxon (nonparametric) for intra-group analysis. The significance value was 0.05.

Results and Discussion: The experimental (home-based and group-based) groups showed improvements in BASDAI and BASFI scores. There were significant differences among the three groups only in BASMI ($p=0.035$) at M1. Considering QoL, the results of the experimental groups tended to increase in M1, approaching the 100 (better QoL) and was found the following for group-based (physical function=78.5; physical performance=81.25; physical pain=70.4; general health=57.9; vitality=61; social function=86.25; emotional performance=80.83; mental health=78.4) and home-based (physical function=82.5; physical performance=78.12; physical pain=64.3; general health=60.4; vitality=64.5; social function=82.5; emotional performance=84.17; mental health=74). There were significant differences among the three groups at M1 (physical function: $p=0.002$; physical performance: $p<0.001$; physical pain: $p=0.007$; general health: $p=0.017$; vitality and social function: $p=0.001$; emotional performance: $p=0.010$; mental health: $p=0.011$).

Conclusion: The performed exercise program was effective in producing changes in the QoL in both experimental groups, being more evident in the group-based.

References

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