



Occupational performance & health related quality of life

among persons with arthritis after rehabilitation

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Conclusion

Multidisciplinary group rehabilitation for persons with rheumatic diseases seemed to have a positive effect on satisfaction with occupational performance and it also increased perceived health related quality of life.

At the department of Rheumatology, at the University Hospital (Akademiska sjukhuset), in Uppsala, Sweden, multidisciplinary group rehabilitation is provided as an outpatient service. To optimize the different needs of the clients, rehabilitation is offered in different programs where the complexity of the content, the time schedule and duration of the program varies. The participants in this study attended a 5-week programme including information sessions and practical sessions. The team included nurse, occupational therapist, social worker, physiotherapist and dietician.

Purpose: To evaluate the effect of a team intervention regarding the ability to perform daily activities and the perceived health related quality of life for people with rheumatic diseases.

Method:

- Participants from 4 rehabilitation groups (n=23)
- Instruments: Performance and Satisfaction in Activities of Daily Living (PS-ADL) and Short Form-36 (SF-36).
- Measured at 3 occasions; before and after the 5-week intervention, and 3 months after the intervention was finished.



Results:

- Significant improvement was found regarding the satisfaction with the occupational performance. However, the occupational performance itself did not improve.
- Health related quality of life was significantly improved within 4 of the 8 domains: general health, energy, social functioning and mental health.
- 3 of the participants that previously were on sick leave returned to work.

Implications: The quality of the ongoing rehabilitation is secured but as the study group was rather small further rehabilitation groups will be added, to see if the trends seen in this study will be confirmed in a larger sample.

**New results when more participants were added (n=21). Total sample; n=44
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After group rehabilitation the occupational performance and the satisfaction with performance improved and the satisfaction improved significantly. Three months after rehabilitation the improvement was retained and even the occupational performance had improved significantly.

Table 1. Occupational performance before, after and 3 months after intervention (PS-ADL)

Variabel	Before intervention Mean	After intervention Mean	3-months after rehab Mean	p-värde	
				after interv.	after 3 months
Occupational performance	1,1	1,4	0,9	0,06	0,024
Satisfaction with performance	0,8	0,63	0,6	0,005	0,011

After rehabilitation all the QoL-domains improved significantly. The effect was retained in 6 out of 8 domains three months later.

Table 2. Quality of life before, after and 3 months after intervention (SF-36).

Variabel	Before intervention Mean	After intervention Mean	3-months after rehab Mean	p-värde	
				after interv.	after 3 months
Physical function (PF)	50,64	53,33	55,0	<0,001	NS
Physical rolefunction (RP)	30,77	47,02	46,15	0,009	0,02
Pain (BP)	34,35	42,02	44,1	<0,001	0,003
General health (GH)	37,44	40,95	43,71	<0,001	0,037
Vitality (VT)	30,89	44,64	43,58	<0,001	<0,001
Social function (SF)	60,64	67,85	72,3	0,001	0,019
Emotional rolefunction (RE)	55,0	63,21	55,25	0,001	NS
Mental health (MH)	64,74	71,07	73,07	<0,001	0,008