



TerVE



# Varase reumatoidartriidiga patsientide kehaline aktiivsus

*(Physical activity of patients with early rheumatoid arthritis)*

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# Background 1

- Rheumatoid arthritis (RA) is a chronic and progressive disease.
- RA can lead to long-term joint damage, resulting in chronic pain, loss of function and disability.



## Background 2

- Regular physical activity is recommended for patients with RA
  - to reduce pain,
  - improve physical and mental health,
  - functional ability and
  - prevent cardiovascular disease.



# Aim of the study

- To describe associations between physical activity, health status and disease activity in patients with early RA (*disease duration up to one year*).

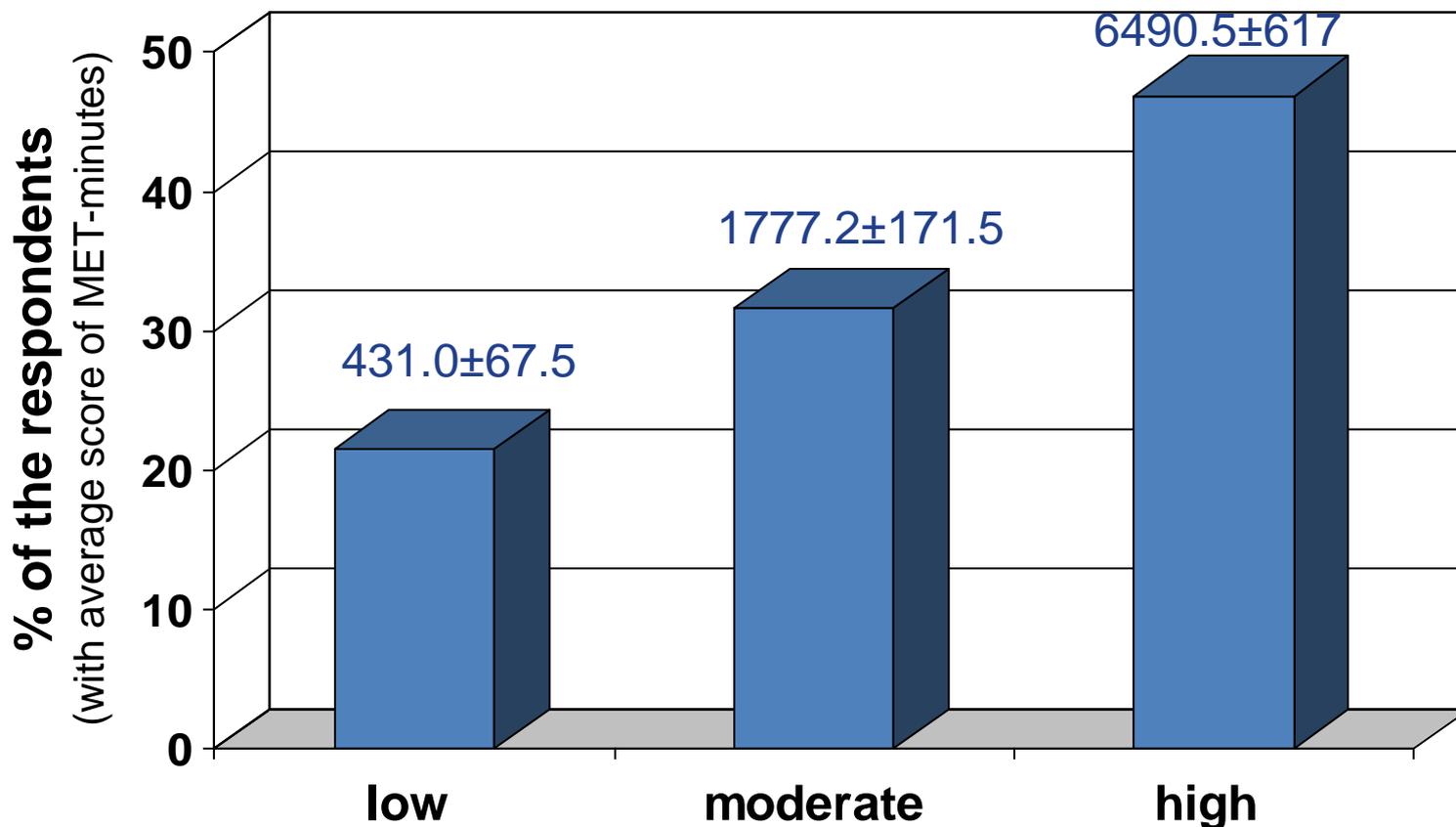
# Methods

- Study design: cross-sectional study with follow-up after one and two years
- Data collection period 2012-2014 (first assessment of patients)
- Number of patients recruited – 100
- Data collection
  - clinical examination
  - functional disability (*HAQ 20-Item Disability Scale*)
  - disease activity (*DAS28-CRP*)
  - type and level of physical activity (**I**nternational **P**hysical **A**ctivity **Q**uestionnaire ***IPAQ***)

# Results 1

- Age of the patients 19-80 (mean 52.2) years
- Gender: 72% female and 28% male
- Mean score of DAS28-CRP 3.82
- Mean score of HAQ 0.84
- The mean score of MET-minutes per week 3695

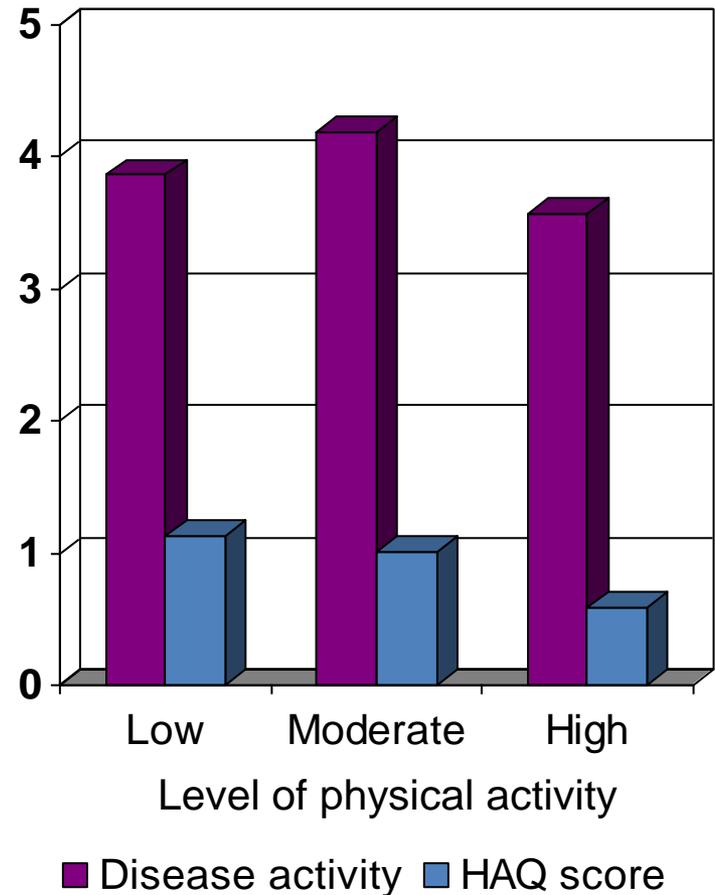
# Results 2



The level of physical activity in patients with early RA

# Results 3

- Functional disability (HAQ score) was significantly ( $p < 0.05$ ) lower among the patients reporting high level of physical activity.
- Also, disease activity tended to be lower in patients with high level of physical activity.
- No significant associations between the physical activity and patient's background were found.



# Conclusions 1

- Mean physical activity level of early RA patients participating in the study was high.
- Higher physical activity was significantly associated with lower functional disability score and tended to be associated with lower disease activity as well.



## Conclusions 2

- Through optimal control of the disease it is vital to maintain the physical activity level observed in the early stage of RA.
- The follow-up of the study group after one and two year allows to evaluate the associations between the physical activity and patient's outcome in more reliable way.