AB1292

PREVALENCE OF VITAMIN D DEFICIENCY AND ITS ASSOCIATED FACTORS AMONG RHEUMATOID ARTHRITIS PATIENTS MANAGED IN A RHEUMATOLOGY UNIT OF A TERTIARY CARE HOSPITAL IN SRI LANKA

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Background: Prevalence of unrecognized vitamin D deficiency can be high among Rheumatoid Arthritis (RA) patients. Lack of mobility among these patients prevent them receiving adequate sun exposure. Low levels of vitamin D could potentially cause a higher disease burden and disease activity.

Objectives: To determine the prevalence of vitamin D deficiency and its associated factors among RA patients managed in a rheumatology unit of National Hospital of Sri Lanka (NHSL).

Methods: A descriptive cross-sectional study was done among patients with RA with a calculated sample size of 137. Being diagnosed according to ACR – EULAR criteria and availability of serum vitamin D level were among the inclusion criteria. Patients with disability due to causes other than RA were excluded. All patients satisfying the eligibility criteria were invited to be recruited. A data extraction sheet was utilized. Data was collected by investigators. The associations were evaluated with Chi square test and Spearman correlation coefficient at a significance level of 5%. Ethics approval was obtained from ethics committee of NHSL.

Results: The response rate was 92%. The median (IQR) age of participants was 56.5 (49.0 to 64.25). Among participants, majority (n=117, 92.9%) was females. Only 11.1% (n=14) had normal vitamin D levels. The insufficient and deficient categories comprised of 38.1% (n=48) and 50.8% (n=64). The commonest symptoms included; joint pain (n=101,80.2%), fatigue (n=84,66.7%) and muscle pain (n=78,61.9%). Deficiency or insufficiency was lowest in the occupation category of sedentary (5.9%) and highest in many indoor-occupied categories and among Muslims. "Deficiency or insufficiency" was significantly associated with muscle pain (p<0.001) but not with CDAI (p=0.896), fatigue (p=0.549), joint pain (p=0.735).

Conclusion: Vitamin D "deficiency or insufficiency" is common among patients with RA and commoner in the sub-categories with muscle pain and with restricted sun-exposure. More research must be promoted in this regard.

REFERENCES