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AB1777-HPR INVESTIGATION OF THE EFFECT OF HAND EXERCISES ON GRIP STRENGTH, FUNCTIONALITY, DISEASE ACTIVITY AND QUALITY OF LIFE IN INDIVIDUALS WITH PSORIATIC ARTHRITIS: A RANDOMIZED CONTROLLED TRIAL

Keywords: Randomized control trial, Psoriatic arthritis, Physical therapy/Physiotherapy

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Background: Psoriatic arthritis (PsA) is a chronic inflammatory musculoskeletal disease accompanied by psoriasis in the spondyloarthritids group and often progresses with peripheral arthritis, dactylitis, enthesitis and spondylitis [1]. Majority of PsA patients have peripheral arthritis involvement [2]. In addition to peripheral arthritis in PsA patients, structural damage occurs in the joints as the process is chronic and progressive. This structural damage causes worsening of the functional status of the patients [3]. Worsening functionality reduces patients’ quality of life. Also EULAR (Recent European League Against Rheumatism) recommends physical therapy in inflammatory arthritis including PsA [4]. It is known that individuals with PsA have lower hand strength, dexterity, coordination and functionality compared to their healthy peers [5]. There is no scientific study that applies a hand-focused home exercise program to improve the grip strength and functionality of the hand in individuals with PsA.

Objectives: The aim of this study was to examine the effect of hand exercises on grip strength, functionality, disease activity, and quality of life in patients with PsA.

Methods: 37 PsA patients (29female, 8 male) with an average age of 50.32 ± 9.12 were included in this study. Patients were randomized into intervention (group 1) and control (group 2) groups. Group 1 received hand home exercises for 4 days a week for 8 weeks. Group 2 was on the waiting-list and they received the same exercises when the study was finished. The Disease Activity Index for Psoriatic Arthritis (DAPSA) was used to evaluate the disease activity. Hand Dynamometer and pinchmeter was used to evaluate the hand grip and pinch strength. Durouz Hand Index (DHI), Michigan Hand Outcomes Questionnaire (MHQ), Hand Functional Index (HFI), Nine Peg Hole Test (NPH) were used to evaluate the hand functionality. Psoriatic Arthritis Quality of Life was used to evaluate the quality of life. All evaluations were performed at baseline and at the end of the 8th week.

Results: When the groups were compared before training, there was no significant difference (p>0.05). In post-training comparisons, there was a significant difference in MHQ, hand grip and pinch strength in hand exercises group. (p<0.02-0.00). In addition, after post-training, hand exercises group was found to be superior in terms of MHQ and NPH compared with control group.

Conclusion: According to this study, hand exercises have a positive effect on grip strength and functionality in patients with PsA. Hand exercises should be included in rehabilitation programs as a home exercise to improve grip strength, functionality and daily living activities for patients with PsA.

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AB1779-HPR ASSESSING THE INTERNAL VALIDITY OF THE BSR PAIN MANAGEMENT FOR INFLAMMATORY ARTHRITIS QIP TOOL

Keywords: Patient reported outcomes, Inflammatory arthritis, Pain

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Background: Pain management is an important component of many Inflammatory Arthritis consultations. The BSR Pain Management for Inflammatory Arthritis Quality Improvement Tool uses 11 questions and 38 sub questions that assess three domains: background information (3 questions), pain management in the consultation (5 questions) and pain management in previous consultations (3 questions) [1]. The questions are based on the EULAR Guidelines for Pain Management in Inflammatory and Osteoarthritis [2]. The tool is free to use, produces results in real time in anonymous PDF form. The project is sponsored by Cambridge University Hospitals NHS Foundation Trust Audit Department (Number 2200).

Objectives: To assess the internal validity of the Pain Management for Inflammatory Arthritis Quality Improvement (QIP) tool 2020.

Methods: Two independent researchers (A & B) reviewed appointment/clinical notes from 33 patients who had attended Rheumatology appointments at Addenbrooke’s Hospital. 20 of these patients were found to experience pain during the consultation and the QIP tool questionnaire was used to assess their pain management. To assess the internal validity of the QIP tool; results from each reviewer were compared to generate a Cohen’s Kappa Score for each question.

Results: The overall Kappa Score for the QIP tool was 0.75, with 57 congruent results and 190 incongruent results. The congruence was found to be high across the majority of questions. 87/190 (46%) of the incongruent scores were from just 6/38 questions. The QIP tool questions can be modified to improve clarity. There was systematic bias in the questions with lower kappa scores (A answering “Yes” and B answering “No”).

Conclusion: The Pain Management for Inflammatory Arthritis QIP Tool has a high internal validity as shown by the Kappa scores generated by results from two independent reviewers. To overcome the low Kappa scores on individual questions; additional guidance on how to answer specific questions may need to be provided to those filling out the questionnaire.

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AB1780-HPR FIBROMYALGIA PATIENTS’ EXPERIENCES AFTER ONE-WEEK SELF-MANAGEMENT PROGRAMME FOUR TO TEN MONTHS AFTER DISCHARGE: A QUALITATIVE STUDY

Keywords: Fibromyalgia, Qualitative research methods, Self-management

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Background: The European League Against Rheumatism (EULAR) emphasizes in its guidelines for the treatment of fibromyalgia (FM) that Health professional should aim to improve health-related quality of life, which often requires a combination of non-pharmacological and pharmaceutical treatment methods. Non-pharmacological approaches have been shown to be effective in this study, a multidisciplinary self-management programme (SMP) was used to treat patients with FM.

Objectives: To investigate and understand the experiences of individuals with FM who participated in a one-week SMP.

Methods: A qualitative study using semi-structured interviews was used to investigate the participants’ experiences. A total of 22 women and 2 men with...