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Original article

Quality of life and functional capacity of patients with adhesive capsulitis: identifying risk factors associated to better outcomes after treatment with nerve blocking

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ABSTRACT

Introduction: The objectives of this study were to assess the quality of life and functional capacity of adhesive capsulitis patients at the beginning and end of procedure and to identify risk factors associated to better outcomes after treatment with nerve blocking.

Methods: A prospective cohort study was performed. Inclusion criteria were clinical signs of adhesive capsulitis and disease changes on shoulder imaging exams. The short form of World Health Organization Quality of life and Disabilities of the Arm, Shoulder and Hand questionnaires were administered at the beginning and end of treatment. A score of 55 points or more on the Constant index was used for discontinuation of treatment. We used the Wilcoxon test for paired samples. Multiple regression analysis of Poisson was carried out using exposure variables with $p < 0.20$ in the univariate analysis and the satisfactory quality of life and better functional capability as outcomes. The significance level was 5%.

Results: 43 patients were evaluated. For the comparison between medians values at the beginning and end of treatment (physical domain: 46.43–67.86; psychologic domain: 66.67–79.17; social domain: 66.67–75; environment domain: 62.5–68.75; DASH: 64.16–38.33), p was < 0.05 . Aging (physical/psychologic/DASH), higher educational level (physical/environment/DASH), less severity (only physical) and fewer nerve blocking (only psychologic) were these independent risk factors.

Conclusions: Quality of life and functional capacity of the patients improve at the end of procedure. Older patients and higher education levels are the risk factors most associated to satisfactory quality of life and better functional capacity after treatment with nerve blocking.

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Qualidade de vida e capacidade funcional de pacientes com capsulite adesiva: identificação de fatores de risco associados a melhores desfechos após tratamento com bloqueio de nervo

R E S U M O

Palavras-chave:

Qualidade de vida
Bloqueio de nervo
Avaliação de desfecho
Capsulite adesiva
Ombro

Introdução: Os objetivos deste estudo foram avaliar a qualidade de vida e a capacidade funcional de pacientes com capsulite adesiva no início e no fim do procedimento de bloqueio de nervo e identificar fatores de risco associados a melhores desfechos após o tratamento. **Métodos:** Fez-se um estudo de coorte prospectiva. Os critérios de inclusão foram sinais clínicos de capsulite adesiva e alterações da doença nos exames de imagem do ombro. Administrou-se a forma abreviada do questionário *World Health Organization Quality of Life* e o questionário *Disabilities of the Arm, Shoulder and Hand* no início e no fim do tratamento. Foi usada uma pontuação de 55 pontos ou mais no índice de Constant para descontinuar o tratamento. Usou-se o teste de Wilcoxon para amostras pareadas. Aplicou-se a análise de regressão múltipla de Poisson com variáveis de exposição com $p < 0,20$ na análise univariada. Usou-se a qualidade de vida satisfatória e a melhor capacidade funcional como desfechos. O nível de significância foi de 5%.

Resultados: Avaliaram-se 43 pacientes. Na comparação entre os valores medianos no início e no fim do tratamento (Domínio Físico: 46,43 a 67,86; Domínio Psicológico: 66,67 a 79,17; Domínio Social: 66,67 a 75; Domínio Ambiental: 62,5 a 68,75; DASH: 64,16 a 38,33), o p foi $< 0,05$. O envelhecimento (Físico/Psicológico/DASH), a maior escolaridade (Físico/Ambiental/DASH), a menor gravidade (apenas Físico) e a menor quantidade de bloqueios de nervo (apenas Psicológico) foram fatores de risco independentes.

Conclusões: A qualidade de vida e a capacidade funcional dos pacientes melhoram no fim do procedimento. Pacientes mais idosos e uma maior escolaridade são os fatores de risco associados à qualidade de vida satisfatória e à melhor capacidade funcional depois do tratamento com bloqueio de nervo.

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Introduction

Outcome measurement is an essential component for defining the effectiveness of clinical practice. In the orthopedic and rheumatologic community, there has been an increased interest in outcome measures that capture the patient's own perspective of their clinical status. These include the analysis of quality of life (QoL) and functional capacity (FC) constructs, health indicators that are widely accepted in medical interventions.¹⁻³

The short form of the World Health Organization Quality of Life questionnaire (WHOQOL-BREF) is a generic, multidimensional and multicultural QoL measure. It may be used with patients with psychological and physical disorders as well as with healthy individuals.^{4,5} One limitation of this questionnaire is that it does not address all relevant QoL impairment issues. Another instrument, the Disabilities of the Arm, Shoulder and Hand Questionnaire (DASH), evaluates FC and reflects the impact of symptoms and physical function on patients with chronic upper-limb musculoskeletal disorders.⁶ The inclusion of at least one generic and one specific questionnaire in studies evaluating shoulder disorders has been recommended since they complement each other.^{7,8}

Most studies of adhesive capsulitis patients deal with symptoms of the disease. These studies analyze treatment results using pain, strength and range-of-motion scales. The

use of these conventional clinical methods can lead to an incomplete health assessment.⁹ However, an analysis of these outcomes (QoL and FC) can provide complementary information and help characterize affected individuals' perception of life in different dimensions, since nothing is known about the simultaneous use of the WHOQOL-BREF and DASH in this disease, unless the correlation between the instruments.¹⁰ Treatment of adhesive capsulitis is a challenge since most patients have partial response, chronic evolution and functional limitation. Physical rehabilitation and measures to treat pain and inflammation/adhesion are insufficient suggesting that there is a relevant psychosocial component. The objectives of this study were to evaluate the QoL and FC of adhesive capsulitis patients at the beginning and end of procedure and to identify the risk factors associated with satisfactory quality of life and better functional capacity after treatment with nerve blocking.

Materials and methods

Participants

A prospective cohort study was performed with adhesive capsulitis patients. Participants were selected during routine visits at a specialized clinic from August/2010 to February/2012.

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