

POREĐENJE EFIKASNOSTI STANDARDNE I KOMBINOVANE RADNE TERAPIJE U POVEĆANJU POKRETLJIVOSTI RAMENA I LAKTA PACIJENATA SA REUMATOIDNIM ARTRITISOM

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Sažetak. Reumatoidni artritis je identifikovan kao najčešća hronična zapaljenska zglobna bolest. Dovodi do smanjenja profesionalnih sposobnosti i nezavisnosti u svakodnevnom aktivnostima uz prateće lične i socijalne probleme. Osnovni zadaci rehabilitacionih intervencija su kontrolisano mirovanje korišćenjem rasteretnih položaja, održavanje fiziološke dužine mišića radi prevencije deformiteta i edukacija pacijenata u vezi očuvanja energetske kapaciteta za održavanje funkcionalne nezavisnosti. Cilj istraživanja je utvrđivanje uticaja radne terapije uz dodavanje elemenata programa specijalne edukacije na povećanje pokretljivosti gornjih ekstremiteta pacijenata sa reumatoidnim artritisom. Na uzorku od 64 pacijenta, koji su u procesu rehabilitacije u Klinici za rehabilitaciju „Dr Miroslav Zotović“ u Beogradu primenjeni su somatopedski testovi za procenu motiliteta gornjih ekstremiteta - O` Connor test i Ring proba. Posle evaluacije, individualno doziran program vežbi pridodat je radnoj terapiji i sproveden u toku 12 nedelja zajedno sa radnom terapijom za eksperimentalnu grupu od 32 pacijenta, dok je kontrolna grupa bila samo u procesu radne terapije bez vežbi iz programa specijalne edukacije. Istim testovima je na kraju istraživanja urađena reevaluacija pokretljivosti u ispitivanim zglobovima pacijenata iz obe grupe. Pacijenti iz eksperimentalne grupe su ispoljili bolje rezultate u ispitivanim varijablama koje su se odnosile na okulomotornu koordinaciju pokreta na nivou lakta i ramena. Analizom dobijenih rezultata, može se zaključiti da su standardne metode radne terapije kombinovane sa elementima vežbi iz programa specijalne edukacije dovele do povećanja pokretljivosti u lakatnom i ramenom zglobu.

Ključne reči: radna terapija, reumatoidni artritis, specijalna edukacija

COMPARISON THE EFFECTIVENESS OF STANDARD AND COMBINED OCCUPATIONAL THERAPY TREATMENT IN INCREASING SHOULDER AND ELBOW MOBILITY FOR PATIENTS WITH RHEUMATOID ARTHRITIS

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Abstract. Rheumatoid arthritis has been identified as the most common chronic inflammatory joint disease. It leads to a decrease in professional skills and independence in daily activities with accompanying personal and social problems. The basic tasks of rehabilitation interventions are controlled resting by using joint's relaxed positions, maintenance of physiological muscle length in order to prevent deformities and educating patients about preserving energy capacities to maintain functional independence. The aim of the study is to determine the impact of occupational therapy with the addition of elements of the special education program to increase the mobility of the upper extremities of patients with rheumatoid arthritis. A sample of 64 patients included in rehabilitation at the Rehabilitation Clinic "Dr.Miroslav Zotovic" in Belgrade were evaluated with somatopedic tests to estimate the motility of upper extremities - O`Connor test and Ring rehearsal. After the evaluation individually dosed exercise program was added to occupational therapy and conducted for 12 weeks together with occupational therapy for an experimental group of 32 patients, while the control group was only in the process of occupational therapy without the special education training exercises. At the end of the study, the same tests were performed to re-evaluate mobility in the examined joints of patients from both groups. Patients from the experimental group performed better in the examined variables related to oculomotor coordination of elbow and shoulder motion. Based on the obtained results it can be concluded that standard methods of occupational therapy combined with the elements of exercises from the special education program leads to increased mobility in the elbow and shoulder joint.

Key words: occupational therapy, rheumatoid arthritis, special education