

Title:

Importance of patient education in management of rheumatoid arthritis patients, an intervention study

Abstract

Background: People living with chronic diseases such as rheumatoid arthritis (RA) are extremely in need to Patient education (PE) to adapt and cope with the effects of the disease and treatments. PE comprises all educational activities provided for patients, including aspects of therapeutic education, health education and health promotion. *Objectives:* to evaluate the effect of PE program following the eight evidence-based EULAR-2015 recommendations in the management of RA patients. *Methods:* A randomized controlled clinical trial with two parallel arms carried out at the Department of Rheumatology and Rehabilitation -Faculty of Medicine, Fayoum University, Egypt. One hundred patients (both sexes), their mean age was 39.23 ± 11.28 ranged from 19– 71 years and suffering from RA, were included into the study. Patients were randomly allocated to two comparable groups; group I received health education through designed PE program, Group II were not prone PE program. Disease activity and disability were assessed at start of study, two visits later after 3 months and 6 months thereafter by using the 28 joint disease activity score (DAS 28) and the Health Assessment Questionnaire – (HAQ) disability index. *Results:* By comparing lab investigation and outcome scores at follow up visits. Although no significant difference between the two study groups regarding lab investigation, DAS28 and HAQ scores at start of study, difference was reported in follow up visits. Significant decrease of these labs and scores were reported in Group I, while no difference reported in Group II. *Conclusions:* PE interventions in patients with (RA) documented significant improvements in behavior, pain and disability of those patients.