

5th International Conference of

Orthopedic Surgeons and Rheumatology

June 16-17, 2016 Alicante, Spain

Impact of self-management techniques on self-efficacy among patients with rheumatoid arthritis at a university hospital in Cairo

Mohammed El Sayed Zaky, Khairia A Bakr El Sawi, Manal Mohammed Sedky and Lamia Mohammed Nabil
Cairo University, Egypt

Background: Self-management techniques of rheumatoid arthritis patients are designed to minimize the potential long-term disabilities. These patients are liable to decreased flexibility, muscle atrophy, diminished muscle strength. Self-management techniques were provided to the study subjects using hand out of instructional booklet containing all the needed knowledge that help patients to perform self-management techniques. This was preceded by instructional sessions and self-efficacy assessment.

Objectives & Aims: Aim was to evaluate the impact of self-management techniques on self-efficacy among patients with rheumatoid arthritis at a university hospital in Cairo.

Subject & Methods: Sample: A random sample of 30 adult RA patients. Setting: Outpatient rheumatology clinics at El Kasr El Eini Hospital. Design: One-group Pre-Assessment/Post-Assessment research design (pre-experiments). Tools of data collection: a- Structured interview questionnaire b- Arthritis Self-Efficacy Tool.

Results: The majority of the studied sample (80%) was females. The mostly reported signs and symptoms by RA subjects were (Arthralgia, continuous fatigue, joint hotness, stiffness, inability to perform ADLS and joint swelling) were (87%, 81%, 81%, 75%, 72% and 69 %) respectively. The self-efficacy of studied sample in 1st Assessment, 2nd Assessment and 3rd Assessment were (125.37±29.93, 130.23±32.45 and 137.06±29.23) respectively indicating improved self-efficacy. Finally, there is relation between age and 3rd self-efficacy assessment (127.06±32.32) T=2.05, P=0.05. However, gender, level of education and practicing exercise didn't play a role in relation to self-efficacy.

Conclusion: Patients who received self-management techniques showed high self-efficacy levels..

Recommendation: Self-management techniques should become an integrated part of the total management of rheumatoid arthritis patient. Self-efficacy should be enhanced to help patients limit the impact of their signs and symptoms on their living activities.

Biography

Mohammed El Sayed Zaky is an Assistant Lecturer, Faculty of Nursing, at Cairo University in Medical Surgical Nursing department. He received his master degree in April 2016 in rheumatoid arthritis.

mohammedzaky87@yahoo.com

Notes: