

بسم الله الرحمن الرحيم





شبكة المعلومات الجامعية التوثيق الالكتروني والميكرو فيلم



جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

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Factors Affecting Self-Management of Patients with Rheumatoid Arthritis

Thesis

*Submitted for Partial Fulfillment of the Requirement of
Master Degree in Medical Surgical Nursing*

By

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Factors Affecting Self-Management of Patients with Rheumatoid Arthritis

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Abstract

Background: Rheumatoid Arthritis (RA) is a systemic, autoimmune and inflammatory disease that is associated with progressive joint degeneration, limitation of physical activity and disability. **Aim:** the study aimed to assess factors affecting self-management of patients with rheumatoid arthritis. **Design:** A descriptive exploratory research design was utilized. **Setting:** This study was carried out at the National Medical Institute of Damanhur-affiliated to the General Organization for teaching hospitals at the Medical clinics in the out-patient department. **Study subjects:** A purposive sample of 100 adult patients of both genders with rheumatoid arthritis. **Data tools:** 1) Patient's interviewing questionnaire. 2) Rheumatoid Arthritis Disease Activity Scale. 3) Rheumatoid Arthritis Self-Efficacy scale. 4) Rheumatoid Arthritis Self-Management practices Questionnaire. **Results:** More than half of the studied patients had unsatisfactory level of knowledge about RA. Also, one third of them had low disease activity. Moreover, more than half and half of them had moderate level of total self-efficacy and total self-management, respectively. **Conclusion:** More than half of the studied patients had unsatisfactory level of knowledge about rheumatoid arthritis. Also, one third of them had low level of disease activity. Also, more than half of them had moderate level of self-efficacy and half of them had moderate level of total self-management. There was highly statistically positive correlation between both total knowledge and self efficacy with self-management while, there was highly negative correlation between disease activity and self-management. **Recommendation:** Self-management educational program should become an integrated part of the total management of RA patients.

Key words: rheumatoid arthritis, self-management, self-efficacy, disease activity

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List of Abbreviations

<i>Abbr.</i>	<i>Full-term</i>
ACR	: American College of Rheumatology
ACPA	: Anti- Citrullinated Protein Antibody
ADL	: Activities of Daily Living
AF	: Arthritis Foundation
Anti-CCP	: Anti-Cyclic Citrullinated Peptide
ANA	: Anti-Nuclear Antibody
BMI	: Body Mass Index
CAM	: Complementary and Alternative Medicine
CBC	: Complete Blood Count
CDC	: Centers for Disease Control
COX	: Cyclo-Oxygenase
CRP	: C - reactive protein
CT	: Computed Tomography
DAS	: Disease Activity Score
DM	: Diabetes Mellitus
DMARDs	: Disease Modifying Antirheumatiic Drugs
EAM	: Extra-Articular Manifestation
EBV	: Epstein –Barr Virus
ESR	: Erythro-Sedimentation Rate
FS	: Felty Syndrome
GCs	: Glucocorticosteroids
GBD	: Global Burden of Disease

GH	: Global Health
HGB	: Hemoglobin
HLA	: Human Leukocyte Antigen
HRT	: Human Replacement Therapy
HTN	: Hypertension
EULAR	: European League against Rheumatism
IL	: Interleukin
ILD	: Interstitial Lung Disease
IG	: Immunoglobulin
IMID	: Immune Mediated Inflammatory Disease
JK	: Janus Kinase
Ltx A	: Leukotoxin A
MCP	: Meta Carpophalangeal
MCQs	: Multiple Choice Questions
MTP	: Metatarsophalangeal
MRI	: Magnetic Resonance Imaging
MTX	: Methotrexate
NIAMS	: National Institute of Arthritis and Musculoskeletal and Skin
NRAS	: National Rheumatoid Arthritis Society
NSAIDS	: Non-Steroidal Anti-Inflammatory Drugs
OCs	: Oral Contraceptives
PIP	: Proximal Inter Phalangeal
P.G	: Porphyromones Gingivalis
PUK	: Peripheral Ulcerative Keratitis
PUFA	: Polyunsaturated Fatty Acid
QoL	: Quality of Life

RA	: Rheumatoid Arthritis
RF	: Rheumatoid Factor
RN	: Rheumatoid Nodule
ROM	: Range of Motion
RV	: Rheumatoid Vasculitis
SARAH	: Strengthening and Stretching for Rheumatoid Arthritis of the Hand
SD	: Standard Deviation
SE	: Self-Efficacy
SE	: Shared Epitope
SJC	: Swollen Joints Count
TB	: Tuberculosis
TENS	: Transcutaneous Electrical Nerve Stimulation
TJC	: Tender Joints Count
TJR	: Total Joint Replacement
TNF-α	: Tumor Necrosis Factor-alpha
VAS	: Visual Analogue Scale
U. S	: United States
U.S. A	: United States of America
US	: Ultra sonography
WHO	: World Health Organization

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