

SLARMR ASS 2015 OP 1:

Disease activity of the diagnosed patients with rheumatoid arthritis attending rheumatology clinic at DGH Gampaha

Jagoda J¹, Liyanage C², Perera UAAS³, Kumudini LJ⁴, Ariyaratne AMN⁵

¹Consultant Rhumatologist, Distric General Hospital Gampaha ²Additional MO-MCH RDHS Office Gampaha, ³ Medical Officer, Rhumatology District General Hospital Gampaha, ⁴Medical Officer-Rhumatology, District General Hospital Gampaha, ⁵Diputy Regional Director of Health Services Gampaha

Introduction:

Rheumatoid arthritis is an autoimmune disease causing chronic symmetrical poly arthritis with systemic involvement. It is a very common disease and may contribute largely to morbidity in the community. The prevalence of RA is believed to range from 0.5-1.0% in the general population.

The impact of RA on the general health status of affected patients in Sri Lanka is not well described. Since there are no similar studies in national level looking at the disease activity by using standard activity score of DAS 28 as a routine, this will pave way to create national level protocols and guidelines.

Objective:

The general objective of the study is to describe the disease activity of the diagnosed patients with rheumatoid arthritis attending to Rheumatology clinic at DGH Gampaha.

Methodology:

A descriptive cross sectional study was carried out in Rheumatology clinic in DGH Gampaha. A sample of 75 confirmed RA patients by consultant Rheumatologist attending to Rheumatology clinic was selected. An interviewer administered pre –tested questionnaire was used to collect the data during the study period. Data was analyzed using SPSS 17 version.

Results:

From this sample of 74 confirmed Rheumatoid Arthritis patients 59.5 % (n=44) have the severe disease,(DAS score more than 5.1) 35.1%(n=26) suffering from the moderate disease, (DAS score 3.2- 5.1) while 2.7%(n=2) suffering from minimal disease (DAS score less than 2.6-3.2) and remission,(DAS score less than 2.6). In this sample of community DAS score is vary from 1.86 to 7.76.

From this sample 91.9%(n=68) were female while 8.1%(n=6) were male. From this sample 94.5%,40%,29.1%,12.7% and 5.5% are taking Methotrexate, Sulfasalazine, HCQ, Leflunamide and steroid respectively.

Conclusions and recommendations

This community DAS score is very high with severe disease status. We recommend further evaluation should be done before using DAS score in Sri Lanka.