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To evaluate the quality of life of family caregivers of patients with knee osteoarthritis

Gomes, V. M. S. A. ¹, Araujo, A. E. L. ², Uchôa, E. P. B. L. ³

^{1,2}Estudante do Curso de Fisioterapia – UNICAP;

³Docente/pesquisador do Depto de Fisioterapia - UNICAP.

ABSTRACT

Introduction: The demographic situation in Brazil has changed with the elderly, increasing the need for caregivers to help with their daily activities. The tasks assigned to the caregiver can lead to physical and emotional exhaustion. **Objective:** To evaluate the quality of life of family caregivers of patients with knee osteoarthritis. **Method:** This is an observational, descriptive and cross-sectional study conducted at a school clinic and at the hospital outpatient clinic in Recife. Caregivers of both sexes, aged between 18 and 70 years, were included, and those with cognitive deficits were excluded. Participants signed the informed consent form. Questionnaires were then applied: Socio-clinical, SF-36 and WHOQOL-BREF. **Results:** Nine caregivers were evaluated, the majority female (66.7%), mean age 51.44 ± 9.88 years, 66.7% did not practice physical activity and BMI of 25.39 ± 5.79 . Of these, 66.7% are children, with associated diseases and similar to high school. No SF-36 questionnaire, as well as no WHOQOL-BREF, a moderate to good quality of life. In the linear correlation of Pessoa, there was a positive association between WHOQOL-BREF and SF-36. **Conclusion:** it was verified that the caregivers presented moderate to very good quality of life, such as the good relationship between the couple.

Keyword: Care; Rheumatic Diseases; Wellbeing

*Correspondence to Author:

Gomes, V. M. S. A.

Estudante do Curso de Fisioterapia – UNICAP

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