

Objective.— Education showed its interest in the chronic back pain. It is most frequently realized within the course of care of the patient in particular during the programs of functional restoration. An evaluation of the achievement of the educational objectives defined during the shared educational assessment was realized in six months after an educational program.

Patients and methods.— Retrospective study of 104 patients with chronic back pain having participated from 2008 till 2012 in a therapeutic educational program and functional restoration. The patients benefited during the pre-inclusion to the program, a shared educational assessment. The defined objectives were revalued at six months. The patient had to define if the objectives were:

- reached;
- or not reached but possible;
- or impossible.

Results.— In six months, on 62 patients, 55% reached their goals, 35% did not reach their goals but think that it remains possible and 10% of the patients think that their objectives are impossible to reach. The most frequent objectives retained by the patients were: the better manage my pain, take back a physical activity, the better know my body, take back a professional activity. The satisfaction to the program is very good, 90% of the patients were satisfied by the program.

Conclusion.— This therapeutic educational program integrated into the care allows to reach in a complete or partial way the educational objectives defined by the patients and the nursing, in an important proportion (90%).

<http://dx.doi.org/10.1016/j.rehab.2013.07.302>

CO07-005-e

Assessing the impact of patient's education on compliance of resting hand orthosis in rheumatoid arthritis



E. Leblong^{a,*}, I. Bonan^a, A. Perdriger^b

^a Service MPR adultes CHU de Rennes, 2, rue Henri-Le-Guilloux, 35033

Rennes cedex 9, France

^b Service rhumatologie CHU Hôpital Sud, Rennes, France

*Corresponding author.

E-mail address: emilie.leblong@hotmail.fr

Keywords: Rheumatoid arthritis; Resting splint; Compliance; Patient's education

Introduction.— Rheumatoid arthritis is a chronic painful rheumatoid illness with deformities and functional handicap and less quality of life [4]. Non-pharmacological treatment is recommended until March 2007 [3] but there is a few researches. Hand positioning splint's efficacy is known on pain, dexterity and quality of life. In literature, the compliance and tolerance of splint is studied [1,2] without to study the importance of patients' information.

Patients and methods.— This study was focussed on patients with RA and pain and/or hand deformities at the hospital of Rennes. The objective is to study the impact of patients' information on compliance of hand positioning splint.

Results.— Twenty-two patients was included in two groups: one with oral information and another without. In the non-educated group, 7/12 patients are compliant more than 50% of night whereas in the other group, 7/10 patients are compliant. So 58% in the non-educated group against 70% in the educated group.

There is no statistical difference between the two groups. One-year follow-up results are being analysed.

Conclusion.— The lack of difference may due to the small number of patients. This preliminary study shows us the possibility to study the importance of information in compliance of hand splint. Moreover, it should continue to demonstrate the impact of patient's education on the compliance of this non-pharmacological preventive treatment.

References

- [1] Egan M. Splints and orthosis for treating rheumatoid arthritis. *Cochrane Database Syst Rev* 2003.
- [2] Feinberg J. Use of resting splints by patients with rheumatoid arthritis. *Am J Occup Ther* 1981;35(3):173–8.
- [3] Rapport d'orientation, Développement de la prescription de thérapeutiques non médicamenteuses validées, HAS, avril 2011.

[4] Recommandations Professionnelles, Polyarthrite Rhumatoïde : aspects thérapeutiques hors médicaments et chirurgie, HAS, mars 2007.

<http://dx.doi.org/10.1016/j.rehab.2013.07.303>

CO07-006-e

Therapeutic education for hyper mobile EDS patients: “PrEduSED”



E. Chaleat-Valayer^{a,*}, M. Bonjean^a, M.H. Boucand^b, F. Siani^a,

I. Perretant^a, N. Fraïsse^a, C. Tricarico^b, M.N. Gaveau^b

^a Centre médico-chirurgical et de réadaptation des Massues Croix Rouge

Française, 92, rue Edmond Locard, 69005 Lyon, France

^b AFSED, France

*Corresponding author.

E-mail address: chaleat-valayer.e@cmcr-massues.com

Keywords: Rare disease; Patient education; Disease hypermobile Ehlers Danlos type

Introduction.— The disease Ehlers Danlos hypermobile [1] is a rare connective tissue disease responsible for a chronic pain syndrome. PrEduSED is the first therapeutic education program (ETP) for hyper mobile EDS Patients in partnership with the French Association of Ehlers-Danlos syndrome (AFSED).

Goals.— Improve self management of pain, fatigue, and episodes of instability Learn how to communicate about the disease, and its repercussion in the everyday life, Improve quality of life knowledge and skills about self-care which will enable the person to become an “expert patient” [2].

Procedure.— The program is built according to the recommendations of the High Authority for Health (HAS) and is provided by a multidisciplinary staff including rehabilitation physician, geneticist, rheumatologists, physiotherapists, occupational therapists, psychologists, a member of the AFSED.

Different modules address the disease, its genetic transmission, methods of diagnosis, drug and non-drug treatments, pain, physical activity, the equipment, the impact emotional and social as well as a special workshop for carers. The evaluation of the program at T0 and one year relates to the quality of life (SF 12), fatigue (Fatigue scale FIS), coping (CSQ-F), body image (QIC), anxiety and Depression (HAD) and a self-assessment of knowledge and skills (quiz).

Results.— Eighteen patients benefited from the program (17 women, 1 man) with a mean age of 35.3 years. It was noted in all patients at T0 an anxiety syndrome, chronic fatigue syndrome, a disturbed body image. Coping strategies are rather positive. Seventy-five percent of participants with disabilities to work or disability. **Conclusion.**— This program is innovative in the context of rare and received certification of ARS Rhône-Alpes. Different research programs on the real impact of PrEduSED which are being recognized by the French Association for the Development of Therapeutic Education (price AFDET 2013).

References

- [1] Beighton P, De Paepe A, Tsipouras P, RJ. W. Ehlers-Danlos syndromes: revised nosology, Villefranche, 1997. Ehlers-Danlos National Foundation (USA) and Ehlers-Danlos Support Group (UK). *Am J Med Genet* 1998;77:31–7.
- [2] Chaleat-Valayer E, Bernard J-C, Boucand M-H. Prise en charge du handicap fonctionnel des pathologies génétiques douloureuses. 2008..

<http://dx.doi.org/10.1016/j.rehab.2013.07.304>

CO07-007-e

Therapeutic education after amputation: Literature's review



E. Pantera^{a,*}, P. Fages^b, M.C. Cristina^c, E. Coudeyre^a

^a CHU Clermont-Ferrand, hôpital Nord, route de chateaugay, 63118 Cebazat, France

^b CRF Le Normandy, Granville, France

^c Clinique Notre-Dame-de-Lourdes, Rennes, France

*Corresponding author.

E-mail address: epantera@chu-clermontferrand.fr

Keywords: Amputee; Therapeutic education; Literature review

Introduction.— The experience of amputation is at the origin of an undeniable change in quality of life with a somatic and functional impact. The quality of life depends on individual and environmental factors that can be modified by the