Results and/or hand deformities at the hospital of Rennes. The objective is to study the
Occup Ther 1981;35(3):173
[1] Egan M. Splints and orthosis for treating rhumatoïde arthritis. Cochrane
References
demonstrate the impact of patient’s education on the compliance of this non-
Conclusion
results are being analysed.

Patients and methods.– Retropective 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-
clusion 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%).
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Therapeutic education for hyper mobile EDS patients: “PrEduSED”
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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, physiothera-
Pists, 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 caregivers.
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
handicap fonctionnel des pathologies génétiques douloureuses. 2008.
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Assessing the impact of patient’s education on compliance of resting hand orthosis in rheumatoid arthritis
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Keywords: Rheumatoid arthritis; Resting splint; Compliance; Patient’s education
Introduction.– Rheumatoid arthritis is an 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

* 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
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