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IMPACTO DEL DOLOR CRÓNICO EN EL DESEMPEÑO DE LAS ACTIVIDADES DE LA VIDA DIARIA BASICAS E INSTRUMENTALES

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Introduction: Chronic Pain causes to the patient difficulties and/or limitations to develop the daily basic activities (DBA) and instrumental activities(IA).

Aim: To describe the functional performance in DBA and IA in patients with chronic benign pain, associated to back pain pathologies, before and after interdisciplinary treatment.

Methods: There have been selected 185 patients with diagnosis of benign chronic pain for back pathologies, who participated in the Interdisciplinary Treatment.

The results were measured with the following evaluations: HAQ-DI (Health Assessment Questionnaire Index), END (Numeric Pain Scale), PGIC (Patient Global Impression of Change), given before and after treatment.

Results: 52% of the patients present a mild to moderate difficulty in the performance, 38% a moderate to severe difficulty and only 5% severe to serious difficulties. 5% of the patients begun treatment without functional limitation.

At the end of the treatment, 70% present mild to moderate difficulty in the performance, 19% moderate to severe difficulty and only 1% severe limitation. 10% leave without functional limitation.

82% of the patients decreased their pain perception and 93% improve their general state.

Conclusion: The intervention of Occupational Therapy within an interdisciplinary team, throughout the functional evaluation of the DBA and IA, allows to identify the limitations dew to pain and take part through strategies that facilitate the performance and improve the general state of the patient.