

Occupational therapy for the treatment of psoriasis and arthritis psoriatic.

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This Occupational Therapy Program (OTP) arises from the needs of therapeutic care for patients with psoriasis and psoriatic arthritis, as a complement to the medical treatment. Almost 3 % of the world population is affected by the disease, being the most common plaque psoriasis, which in some cases can compromise the joints (arthritis psoriatic). The emotional factors, plus a genetic base can origin inflammation of the skin and joints, generating occupational dysfunctions affecting their Quality of Life[1].

Objectives: Leads patients from the acute outbreak of the disease to the overcoming of their disabilities throughout the following stages

- 1. Support during the crisis
- 2. Revaluation of the subject.
- 3. Redefinition of roles.
- 4. Occupational activities: a new meaning
- 5. Sense and performance of the occupational project.

Methods: OTP is developed on the theoretical bases of the Model of Human Occupation[2]. Patients are screened by the Occupational Performance History Interview. Groups of 12 patients perform corporal, expression and recreational activities, weekly with a follow up of 5 months. It also includes support activities to be done at home and in the community.

Discussion:

The application of this OTP specifically designed for the treatment of the psoriasis and arthritis psoriatic, constitutes itself a complete and dynamic new treatment, which attempts to moderate the individual, family and community occupational dysfunctions towards the achievement of a better Quality of life. Finally this Program includes new elements to contribute to the creation of others in the treatment of chronic diseases, widening the areas of our discipline helping to generate new plans in Public Health.

References:

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