

### Impact of Fibromyalgia on the Quality of Life in a Sample of Puerto Rican Woman

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**Introduction:** There is no research concerning fibromyalgia (FM) and occupational therapy in Puerto Rico. FM is a complex chronic pain disorder that affects people physically, mentally and socially. FM has a prevalence of about 3.5 % in woman and 0.5% in men in United States and around the world. FM can be extremely debilitating and interfere with basic daily activities. **Objective:** The purpose of this study was to describe the impact of FM on the QOL and occupational participation in a sample of thirty Puerto Rican women with FM. **Method:** The study design was a descriptive-quantitative and methodological. The Spanish Fibromyalgia Impact Questionnaire(S-FIQ), (Monterde, Salvat, Montull and Fernández-Ballart, 2004) was culturally adapted to create the Cuestionario de Impacto de la Fibromialgia de Puerto Rico (CIF-PR). The CIF-PR and the Checklist of Occupational Areas Affect by Fibromyalgia, developed by the authors, were administered to meet the study aims. Quantitative data analysis using descriptive and analytical statistic were used. **Results:** The data analysis suggests the morning tiredness (80.0%), fatigue (66.7%), stiffness (63.4%) and pain (56.7 %) as the factors that affect the most the QOL. In addition, the participants indicated that the symptom of FM limits their participation in the basic daily activities, instrumental daily life activities, education, work, leisure and social participation. Additionally, it was found a significant correlation between CIF-PR and the activities of daily living( $r=.460$ ,  $p \leq 0.05$ ), and CIF-PR and work activities ( $r=.380$ ,  $p \leq 0.05$ ) of the Checklist of Occupational Areas Affected by Fibromyalgia. **Conclusion:** The study results show that FM impacts the functional capacity, women's occupations and consequently the QOL. **Contribution to the practice:** Therefore, this study will establish initiatives to develop intervention programs based on the women's needs to improve their quality of life (QOL).

#### Reference:

Monterde, S., Salvat, I., Montull, S. & Fernández-Ballart, J. (2004). Validación de la versión española del Fibromyalgia Impact Questionnaire [Versión electrónica], *Revista Española de Reumatología*, 31, 507-13.