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# EFEKAT REHABILITACIJE NA POBOLJŠANJE KVALITETA ŽIVOTA PACIJENATA OBOLJELIH OD REUMATOIDNOG ARTRITISA

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## EFFECT OF REHABILITATION ON IMPROVEMENT QUALITY OF LIFE IN PATIENTS WITH RHEUMATOID ARTHRITIS

**DRAGANA DRAGIČEVIĆ-CVJETKOVIĆ**

([dragana.dragicevic-cvjetkovic@med.unibl.org](mailto:dragana.dragicevic-cvjetkovic@med.unibl.org))

**Bojana Baroš** ([bojana.krivokuca@gmail.com](mailto:bojana.krivokuca@gmail.com))

**Monika Jelačić** ([monikasadzak@yahoo.com](mailto:monikasadzak@yahoo.com))

**Dušica Jokić** ([dusicajokic1908@gmail.com](mailto:dusicajokic1908@gmail.com))

Institute Of Physical Medicine, Rehabilitation And Ortopedic Surgery "dr Miroslav Zotovic", Banja Luka

### **CILJ**

Medical rehabilitation as a supportive therapy is carried out to prevent the occurrence of deformities and improve the quality of life of patients with rheumatoid arthritis. It is effective in the phase of remission of the underlying disease. This work aims to show the effects of hospital rehabilitation on the quality of life of patients with rheumatoid arthritis.

### **METODE**

Through a retrospective study, we followed 43 patients who underwent hospital rehabilitation in 2023 at Subdivision 4 of the Department of Balneology and Medical Rehabilitation of the Institute. Applied therapeutic interventions were: kinesitherapy, occupational therapy, thermotherapy, balneotherapy, and electrotherapy. All patients underwent rehabilitation for 14 days (6 days a week, only balneotherapy was performed on the seventh day). The outcome of the rehabilitation was monitored by the HAQ questionnaire at admission and discharge. In the statistical processing of the data, the Student t-test was used for paired samples with a statistical significance of  $p < 0.001$ .

## **REZULTAT**

A significant improvement in quality of life was found in all patients after inpatient rehabilitation ( $t=3.371$ ,  $p<0.001$ ).

## **ZAKLJUČAK**

Rehabilitation in the phase of remission has a positive effect on the quality of life of patients with rheumatoid arthritis.