

FACTORS RELATED TO THE FUNCTIONAL STATUS AMONG PATIENTS WITH RHEUMATOID ARTHRITIS

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ABSTRACT

The number of people with Rheumatoid Arthritis (RA) disease in Vietnam has been increasing in the past decade. The treatment of RA aims at improving the patients' functional status including daily life activities, resuming previous work and social activities. The aim of this descriptive correlational research was to study the relationship among self-efficacy, pain level, depression, social support, and functional status among patients with RA. Self-efficacy theory was utilized as a framework for this study. Sample of this study included 126 patients with RA admitted to the Rheumatology department, of Bach Mai hospital, Hanoi, Vietnam. Data collection were conducted by using 6 instruments including the demographic data questionnaire, Health Assessment Questionnaire 8 Items - Disability (HAQ 8-ID), Arthritis self-efficacy Scale (ASES), Pain Numeric Scale (PNS), Health Questionnaire Depression Scale 9 Items (PHQ-9) and Multidimensional Scale of Perceived Social Support (MSPSS). Spearman's rho was employed to examine the relationship among all variables. The results revealed that majority of the patients (88.9%) were female with average age of 55.62 years ($SD \pm 10.29$ years). Almost all of them experienced disability or poor functional status while minimal disability accounted for 13.49 %, mild disability was 50.79%, moderate disability was 27.78% and severe disability was 7.94 %. The mean of HAQ8-ID was 1.3 ± 0.80 . The correlation coefficient for functional status was negatively correlated with self-efficacy and social support ($r = -0.349$, $p = .01$; $r = -0.215$, $p = .01$ respectively). The pain level and depression was fairly positively correlated with functional status ($r = 0.561$, $p = .01$; $r = 0.679$, $p = .01$ respectively). From the findings of this study, it is recommended that nurses should assess functional status inpatients with RA during their hospital stay and before discharge using HAQ 8-ID. In order to improve their functional recovery, nurses should enhance patients' self-efficacy by providing information support and resource allocation. Pain control protocol should be developed and used. Patients with depression should be identified early and properly managed. Further multi sites research should be conducted to reveal the comprehensive picture of patients with RA in Vietnam.

KEY WORDS: RHEUMATOID ARTHRITIS/FUNCTIONAL STATUS/SELF EFFICACY / PAIN/SOCIAL SUPPORT

90 pages