

Impact of rheumatoid arthritis on productivity at home and at work

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Abstract/Objective

Rheumatoid arthritis (RA) is the most common chronic inflammatory rheumatic disease, usually beginning in adulthood. RA can be a functional handicap, affecting the patient's quality of life and socio-professional abilities.

The aim of this study was to assess the impact of rheumatoid arthritis on patients' domestic and professional productivity.

Methodology

We conducted a cross-sectional study over a period of 9 months.

One hundred and thirty-nine patients treated for rheumatoid arthritis in the rheumatology department of the Mohamed 6 University Hospital in Marrakech for more than a year and taking antirheumatic drugs were interviewed.

Epidemiological and clinical data were collected.

The impact of RA on work and domestic productivity over the last month was assessed using the RA specific work productivity survey (WPS-RA).

The Chi2 test was used to study the relationship between 2 qualitative variables. The p significance level was set at 0.05.

Results

At the end of the study, 89.9% of patients were women. The mean age was 53.7 ± 12 years. Ninety-eight (70.5%) patients had at least one pathological history in addition to RA. The mean DAS 28 was 5.40 ± 0.84 . Forty-seven (33.6%) patients had highly active RA and 32 (22.8%) patients had moderate to low activity. At the time of the study, 25 (18%) patients were employed, 12 (8.6%) were unable to work because of RA, and the remainder were housewives and pensioners. In the last month, the average number of days patients reported total inability to perform household tasks due to RA was 9 ± 8.42 [0-30] days and a halving of household productivity in 11 ± 8.6 [0-30] days. Domestic help was required in an average of 10 ± 9.6 days. The average number of missed family activities attributed to RA was 4.28 ± 5.6 [0-20]. For patients who had a job in the last month, the average number of days absent was 2.9 ± 3.9 [0-8] and the average number of days on which productivity at work was halved was 5.7 ± 7.65 [0-30].

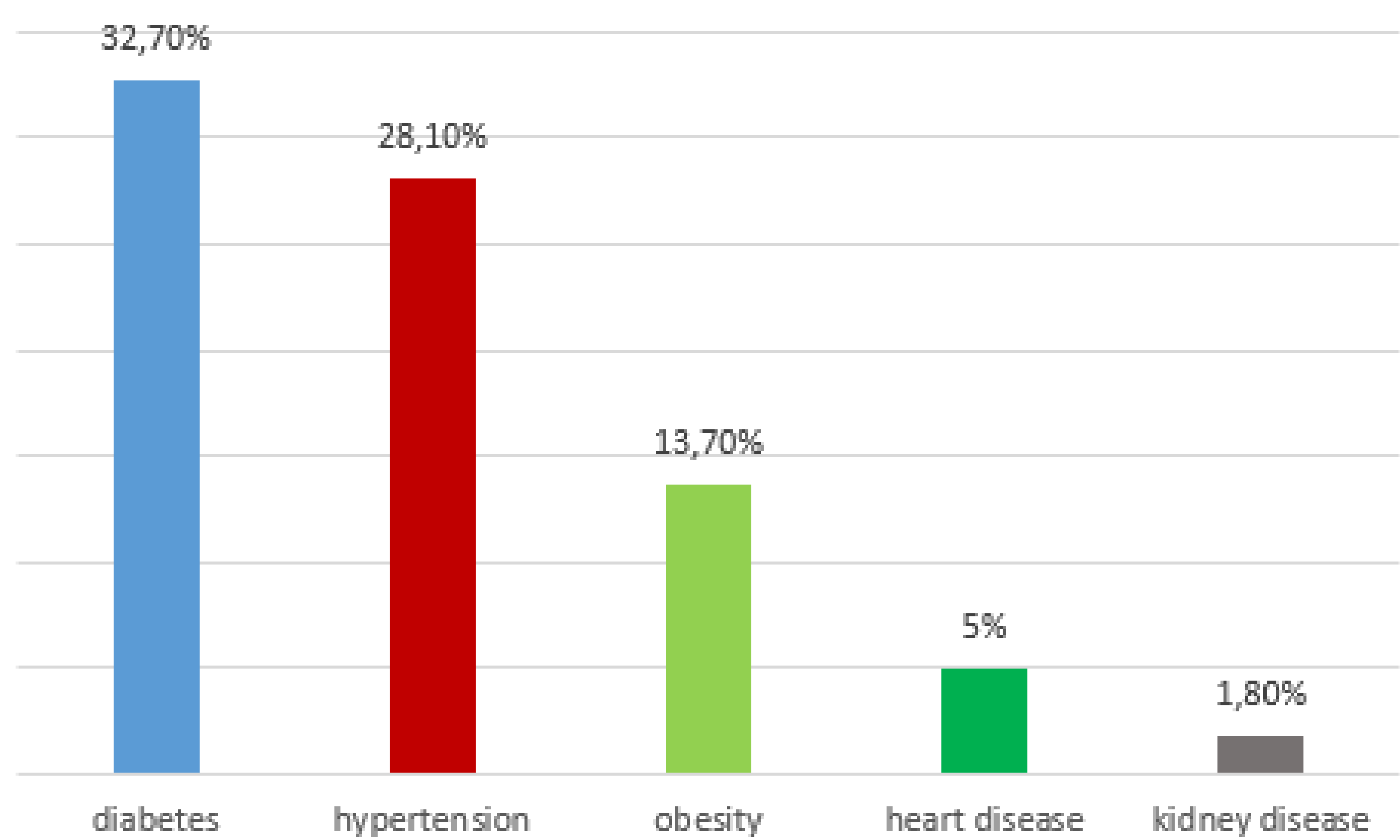


Figure 1: Main medical records

Average score attributed to RA interference in domestic work	5,6 ± 2,5 [0–10]
Average score for interference of RA in professional life	4,3 ± 2,4 [0–10]

Figure 2: Interference of RA in professional and domestic life

Discussion and Conclusion

According to these results, RA appears to have a significant impact on the domestic and professional productivity of our patients. Professional reclassification and domestic help are necessary to improve their quality of life.