

284 A PHYSIOTHERAPY-LED IN-PATIENT INTENSIVE REHABILITATION PROGRAMME FOR ANKYLOSING SPONDYLITIS: FOLLOW-UP OUTCOMES

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Background: Ankylosing spondylitis (AS) is a chronic inflammatory rheumatological disease which primarily affects the axial spine. AS is associated with reductions in physical activity, work productivity and quality of life. To assess the short-term effectiveness of an intensive rehabilitation programme using Bath Ankylosing Spondylitis Metrology Index (BASMI) and Evaluation of Ankylosing Spondylitis Quality of Life (EASI-QOL) outcomes. Additionally, long-term patient satisfaction and physical activity behaviour and adherence to exercise plan was also evaluated.

Methods: Thirty-two AS patients (25 males and seven females) admitted to an in-patient rheumatology ward underwent a one to two week physiotherapy-led intensive rehabilitation programme and were discharged with a home exercise programme. Pre/post rehabilitation BASMI scores were available for 26 patients. The primary outcome measure was the proportion of patients achieving an improvement on BASMI scores at discharge. Secondary outcome measures included improvements in physical activity levels and adherence to home exercise plan for longer than 3 months which was obtained via a postal patient satisfaction and physical activity questionnaire which achieved a response rate of 50% (n = 16).

Results: Improvements in BASMI scores was achieved in 69% of patients (n = 18) at the end of the in-patient rehabilitation period. Improvements in EASI-QOL were achieved in 83% of patients (n = 15) at the end of the in-patient rehabilitation period. Ninety-four percent of patients (n = 15) reported increased levels of physical activity after discharge, with 81% (n = 13) of patients maintaining their home exercise programme for three months or more. Thirty-one percent (n = 5) of patients carry out at least 150 minutes of physical activity per week (National Recommended Physical Activity Guidelines is 150 minutes/week of moderate intensity).

Conclusion: This recent audit shows the effectiveness of an intensive physiotherapy-led in-patient rehabilitation programme for Ankylosing Spondylitis improving BASMI scores in the short-term and increasing physical activity behaviour over the long-term. Future work will aim to compare demographics and medical treatment differences between improvers and non-improvers.

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