

Self-assessed physical function levels of women with fibromyalgia: a national survey

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OBJECTIVE: We sought to determine the self-reported physical function level of women with fibromyalgia (FM).

METHODS: We performed a secondary analysis using data from an Internet-based survey posted on the National Fibromyalgia Association website. Data used for this study included women (n = 1,735) aged 31-78 years who reported being diagnosed with FM.

RESULTS: More than 25% of women reported having difficulty taking care of personal needs and bathing, and >60% reported difficulty doing light household tasks, going up/down 1 flight of stairs, walking (1/2) mile, and lifting or carrying 10 lbs. More than 90% of women reported having difficulty doing heavy household tasks, lifting or carrying 25 lbs, and doing strenuous activities. Women with lower functional ability reported higher levels of fatigue, pain, spasticity, depression, restless legs, balance problems, dizziness, fear of falling, and bladder problems.

CONCLUSIONS: The average woman in this sample reported having less functional ability related to activities of daily living and instrumental activities of daily living than the average community-dwelling woman in her 80s. Several symptoms/conditions were found to be associated with functional limitation in women with FM. Targeting these-singly or in clusters-may potentially be important in terms of future interventions.

Egenvurdering af fysisk funktionsniveau hos kvinder med fibromyalgi: en national undersøgelse

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Objektiv: Vi søgte at bestemme det selvopfattede fysiske funktionsniveau hos kvinder med fibromyalgi (FM)

Metoder: Vi foretog en sekundær analyse, idet vi brugte data fra en internetbaseret undersøgelse der var slået op på National Fibromyalgia Association (USA) hjemmeside. Data anvendt til dette studie inkluderede kvinder (n=1735) i alderen 31 – 78 år, som fortalte at være diagnosticerede med FM.

Resultater: Mere end 25 % af kvinderne rapporterede at have besvær med personlige behov og bad, og >60% rapporterede at have besvær med lettere husholdningsopgaver, gå op og ned af en trappe, gå 800 meter og løfte eller bære 4,5 kg (10 lbs). Mere end 90% af kvinderne rapporterede at have besvær med at udføre tungere husholdningsopgaver, løfte eller bære 11,5 kg (25 lbs) og udføre anstrengende aktiviteter. Kvinder med lavere funktionsevne rapporterede større grader af træthed, smerte, ukontrollerede bevægelser, depression, urolige ben, balanceproblemer, svimmelhed, frygt for at falde samt blærefunktionsproblemer.

Konklusion: Gennemsnitskvinden i dette udsnit rapporterede at have lavere funktionsevne relateret til dagligdags aktiviteter og betjening af dagligdags redskaber/apparater end en gennemsnitskvinde i 80'erne fra samfundet. Adskillige symptomer/betingelser fandtes at være forbundet med funktionel begrænsning hos kvinder med FM. At have disse som mål – enkeltvis eller i grupper - kan være vigtigt med hensyn til fremtidens ”indgriben”

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