



DAMAGE TO SLEEP QUALITY: AN OBSTACLE TO QUALITY OF LIFE IN JUVENILE IDIOPATHIC ARTHRITIS - PRELIMINARY RESULTS

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BACKGROUND

Juvenile idiopathic arthritis (JIA) corresponds to a broad spectrum of rheumatologic diseases, which has in common the chronic arthritis of one or more joints, started before the age of 16, of unknown etiology and which can not be attributed to other causes. Chronic diseases, especially those with pain, such as JIA, have a well-established relationship with sleep-related disorders (DRS) and impairment of quality of life (QoL). This study aims to describe sleep quality and QoL of this population and to verify possible associations between them.

MATERIALS AND METHODS

This is an observational, cross-sectional, analytical study with data obtained through the application of a sociodemographic questionnaire and validated quality of life and quality of sleep instruments for the pediatric population. The study participants were patients aged between 3 and 18 years with JIA, who were followed up at the referral service in pediatric rheumatology at the HUPES complex of the Federal University of Bahia, in Salvador-Bahia.

RESULTS

The study sample consisted of 40 children and adolescents with JIA, evaluated between September 2016 and March 2019. The female sex corresponded to 62.5%; the median age (IiQ) was 11.1(7.1-14.1); the majority self-declared non-white (91.9%). Regarding the clinical characteristics, the median duration of the disease in months was 48.5(21.8 - 67.5); 60% of the patients were with inactive disease. Regarding sleep quality, 17.5% had sleep duration less than or equal to 8 hours and 22.5% took 30 minutes or more to sleep. Analyzing the Epworth Sleepiness Scale, 25% presented daytime somnolence; 62% had a global sleep-related disorder score greater than 39. Under the analysis of children, the median and interquartile range of the social domain of QoL versus emotional domain was 90 (71.2 - 95) x 70 (41.3 - 87.3); that of the school versus physical domain was 70 (41.3 - 87.3) x 81 (53.2 - 93.7); and the psychosocial domain was 72.9 (54.8 - 88.3).

CONCLUSION

Preliminary results show that the studied population is predominantly female, self-declared nonwhite, with inactive disease. Regarding sleep quality, the majority of the patients had some sleep-related disorder. Regarding QoL, the emotional and school domains were the most affected.