

Poster presentation

Long term follow up of children with rheumatological conditions who participated in a two week rehabilitation programme

H Mato*, S Sian, A Charmartin, C Pilkington and S Maillard

Address: Great Ormond Street Hospital, London, UK

* Corresponding author

from 15th Paediatric Rheumatology European Society (PreS) Congress
London, UK. 14–17 September 2008

Published: 15 September 2008

Pediatric Rheumatology 2008, **6**(Suppl 1):P163 doi:10.1186/1546-0096-6-S1-P163

This abstract is available from: <http://www.ped-rheum.com/content/6/S1/P163>

© 2008 Mato et al; licensee BioMed Central Ltd.

Background

Physiotherapy is an important intervention in the management of children with rheumatological disease. At Great Ormond Street Hospital an intensive rehabilitation programme is provided. This small study assesses the long term effectiveness of this programme.

Materials and methods

A retrospective review of the notes was completed looking at the assessments completed in out-patient follow up appointments of the children who had attended the intensive rehabilitation programme.

Results

32 children were included in the review with the diagnoses of Benign Joint Hypermobility Syndrome (BJHS), juvenile idiopathic arthritis (JIA), Juvenile Dermatomyositis (JDM) and Chronic Pain Syndrome (CPS). The mean follow up was 6 months of which 80% had maintained or increased their muscle strength since discharge. There was 100% school attendance and return to sport and 25% were doing as much sport as their peers. Pain and fatigue had also improved in 95% and 15% were discharged from care and further 75% were planned to be reviewed between 6 – 12 months.

Conclusion

A 2 week intensive rehabilitation programme is effective therapy in many children with Rheumatological diseases and the improvements gained during this treatment are maintained up to 6 months following discharge. This appears to be effective treatment both in the short term

and long term in regaining fitness and strength and in reducing symptoms of pain and fatigue.