

Palliative Care & Clinical Trials and Pharmacovigilance

September 23-24, 2019 | Prague, Czech Republic

Inactivity behavior and exercise barriers in patients with Behçet disease

Songül Baglan Yentur, Devrim Can Saraç, Fulden Sari, Gizem Tore, Nuh Atas, Mehmet Akif Öztürk and Deran Oskay
Gazi University, Turkey

Introduction: Behçet's Disease (BD) is a chronic, inflammatory, rheumatic disease that is characterized by mucocutaneous lesions and can be seen major organ involvement such as eyes, musculoskeletal system, gastrointestinal system and central nervous system. Impaired quality of life, aerobic capacity, respiratory function and life satisfaction, sleep disorders, depression, anxiety and fatigue are seen commonly in BD patients like the other rheumatic diseases. Considering that regular physical activity effects survival for patients and healthy people, it is important to determine the factors affecting physical activity level and exercise barriers. The aim of this study is to investigate physical activity level and exercise barriers in patients with BD.

Methods: Twenty-eight patients were included in the study. Physical activity level, exercise barriers, fatigue, depression, pain, quality of life and aerobic capacity were evaluated with International Physical Activity Questionnaire (IPAQ), Exercise Barriers and Benefits Scale (EBBS), Fatigue Severity Scale (FSS), Beck Depression Inventory (BDI), Visual Analog Scale (VAS),

Behçet's Disease Quality of Life Questionnaire (BDQoL) and 6 minutes walk test, respectively.

Results: According to our results, 46.4% of patients were physically inactive and 42.8% of patients were moderate active. There was a significantly correlation between physical activity score and exercise barriers ($p < 0.05$).

Conclusion: As with other rheumatic diseases, for SLE patients' rehabilitation, exercise is of great importance because of its positive contribution to the musculoskeletal system. Thinking of negative affects of physical inactivity, patients with Behçet disease should be encouraged to exercise. Also, reasons of physical inactivity should be investigated an treated.

Speaker Biography

Songül Baglan Yentur continues her PhD from Gazi University, Turkey and has completed master programme from the same university. She is a research assistant at Gazi University, Turkey.

e: songulbaglan23@hotmail.com

 Notes: