**TÍTULO:** Wellness practices impact on patients with Rheumatoid Arthritis

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**RESUMEN:**

Background: Persons living with the effects of chronic and disabling conditions such as Rheumatoid Arthritis (RA) are often at increased risk for the development of secondary conditions and disabilities that can lead to further decline in health status, independence, functional status, life satisfaction, and overall quality of life.

Objectives: The purpose of this study was to review the evidence for the benefits of wellness/health promotion interventions for persons with RA as a complement to disease management in the well-known context of treat to target and incorporation of key patients reported outcomes as part of self-management approaches for disease control.

Methods: A updated Medline search (2007-2019) was conducted using terms related to wellness and health promotion for chronic and disabling conditions using a previous search done by Stuifbergen AK et al and focusing on RA. Selection of studies was limited to those published in English that reported randomized controlled trials, prospective studies or meta-analyses that involved adult human subjects focusing on some key aspect of a wellness or health promotion intervention (exercise, sleep, nutrition, mindfulness, social network). MsH terms used were *“health promotion AND OR wellness programs AND chronic diseases AND rheumatoid arthritis”.* Of the 3354 abstracts 50 were identified as key ones *(filtered by “arthritis”*) from where 16 were included for full review. Extra searches were done matching the terms to the key wellness behaviors prioritized (“*AND Exercise, AND Sleep, AND nutrition, AND mindfulness, AND social network”*).

Results: While almost all studies/evidence reviewed on exercise, sleep, nutrition, mindfulness and social networks showed positive and significant impact of wellness interventions on one or more of the RA disease´s variables, both the intervention and the measured outcome were highly variable when holistically looking at long term RA control (number of patients, length of the observation, ways to measure outcomes). Key factors related to RA patients like ethnicity, geography, elderly stages, correlation with standard of care/ measurements as well as real biologic benefit of such interventions on top of standard treatments for individuals (based also on baseline status) are missed leading to an important lack of correlation between wellness interventions and improvement on either Treat to target or PROs standard measurements in RA.

Conclusions: This search has highlighted promising elements of health promotion/wellness interventions and impact on RA control therefore potential protective anti-inflammatory effects. Such findings might guarantee further research using interventional approaches to generate conclusive evidence that might help to inform holistic clinical guidelines for RA patients and other immune mediated disorders in a near future.