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## Patient Support and Education (2): Multidisciplinary Team \_\_\_\_\_

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### THREE YEARS EVALUATION OF AN EDUCATIVE PROGRAMM FOR ANKYLOSING SPONDYLITIS DISEASE (SPA) IN MARSEILLES

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**Goal:** To evaluate the patient interest in this programm and its potential benefit after a period of three years at the Conception Hospital of Marseille.

**Patients and Methods:** 50 patients participated in this educative program (EP) and 10 patients were selected to answer a questionnaire.

Educative programm included seven themes treated during one day: generalities, genetic, treatment, sport, social aspects, physical therapy, dietetic aspects.

Three sugroups of answers were analysed: – the first on the themes proposed and on their interest,

– the second on EP practical organization,

– the third on the advantage for the patients to follow this EP.

**Results:** All themes were considered as important but they classified them according to their interest, in the following order the four principal themes were: generalities, genetic, dietetic aspects and treatment. In a second time physical activities, physical treatment and social aspects were named.

They also asked that other themes would be developed: disease evolution, research data.

Patients agreed on the schedule programm which included 30 min for one theme but they would have appreciated ten minutes more for some themes.

In fine, all of them reported a substancial benefit in the comprehension of the disease with a very positive impact on their psychological distress.