Characterization of hemophilic arthropathy in patients with pharmacologic prophylaxis for 7 years of comprehensive care

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Introduction: *With the intervention of comprehensive care groups, we aim to prevent the onset or progression of hemophilic arthropathies managing to preserve the functional independence of the patient.*

Objective: To carry out the characterization of hemophilic arthropathies in 62 patients with pharmacologic prophylaxis for 7 years of comprehensive care by measuring joint range of movement (ROM) in order to identify the impact on functionality.

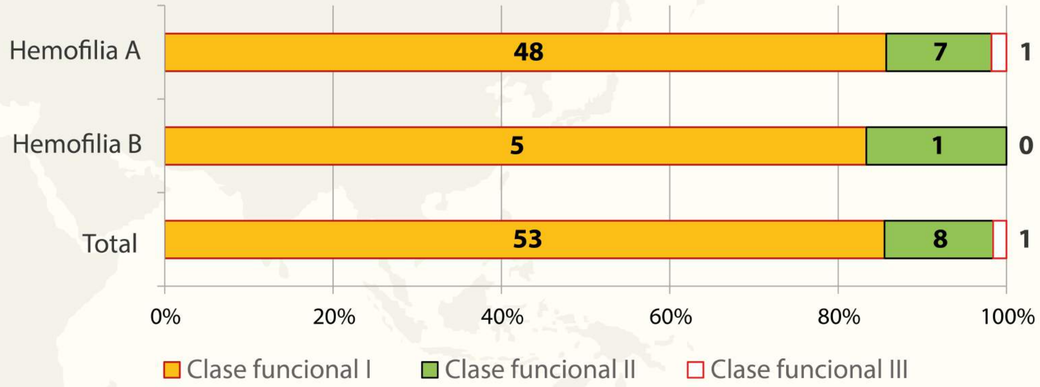
Materials and methods: 62 clinical records made by physiatrists, orthopedic physicians and physical therapists were reviewed; 56 patients (90.32%) suffer Hemophilia A, including 47 severe (83.9% – one with high-responding inhibitors), 8 moderate (14.3%) and 1 mild (1.8%). Most patients have an age range from 10 to 49 years (85%). 6 patients (9.67%) suffer from Hemophilia B, 3 (50%) are severe and 3 (50%) moderate, and shows a more heterogeneous age distribution.

Results: In Hemophilia A, 51 patients (91%) were identified with arthropathy and in Hemophilia B, 5 (83%). In Hemophilia A the most affected joints are the knees (62 of 112 total) and elbows (62/112), corresponding to 55.35% each; followed by the ankles (59/112 - 52.67%). In Hemophilia B the most affected joints were the elbows (7/12 - 58.33%), followed by ankles (5/12 - 41.66%) and knees (4/12 - 33.33%). Shoulders and hips are affected to a lesser extent.

Clase funcional		Hemofilia A		Hemofilia B		Total	
		Nro.	%	Nro.	%	Nro.	%
Clase funcional I		48	85,7%	5	83,3%	53	85,5%
Clase funcional II		7	12,5%	1	16,7%	8	12,9%
Clase funcional III		1	1,8%		0,0%	1	1,6%
Total		56	100,0%	6	100,0%	62	100,0%

Hemophilia A ROM: 167 patients (74.55%) out of 224 knees ROM (flexion and extension), are equal or better and 57 (25.44%) got worse; 124 (55.35%) out of 224 ankles ROM (plantar and dorsiflexion) are equal or better and 100 (44.64%) got worse; and 365 (81.47%) out of 448 cubits (flexion, extension, pronation and supination), are equal or better and 83 (18.52%) got worse.

As for the functional class, 53 patients (85.5%) are in functional class I, 8 (12.9%) in functional class II and 1 (1.6%) in functional class III.



Conclusion:

We can deduce that most of the patients improved or maintained their fitness levels, achieving functional independence.

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Orlando, Estados Unidos · 24-28 de julio
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