

Physical activity and quality of life in subjects with chronic disease: chronic o...

[Health & Medicine](#)



**ASSIGN
BUSTER**

Key Words: Obstructive Pulmonary Disease - COPD, Rheumatoid Arthritis - RA, Diabetes Mellitus - DM, Physical Activity, Physical activity and quality of life in subjects with chronic disease: Chronic obstructive pulmonary disease compared with rheumatoid arthritis and diabetes mellitus. By Arne, Mats., Janson, Christer., Staffan, Janson., Boman, Gunnar., Lindqvist, Ulla., Berne, Christian & Margareta Emtner.

Chronic diseases are the leading cause of high mortality rates and poor health in United States (Arne et al 146). In 2005, more than 70% of people aged over thirty years were suffering from chronic diseases (Arne et al 146). Consequently, this leads to the consequences of chronic diseases being felt both at individual and society levels (Arne et al 141).

This article cites better treatment of chronic diseases, should entail fostering a healthier lifestyle to avoid unhealthy living habits, for instance, tobacco use, poor eating habits and lack of physical activity (Arne et al 141). Besides, it is advisable for one to exercise not less than thirty minutes daily for a minimum of five days weekly especially the healthy people (Arne et al 142). Conversely, patients ought to exercise in a moderate intensity as recommended by their respective practitioners (Arne et al 142). Besides, if the concerned wishes to exercise at a vigorous rate, he/she is advised to do it for twenty minutes for three days each week (Arne et al 142). Most patients suffering from chronic related problems experience fatigue and live healthy related quality lives (Arne et al 142). To decrease the burden of the illness, more study is needed to improve the interventions of chronic disorders (Arne et al 142).

A study was done in Sweden to illustrate and evaluate the level of physical

<https://assignbuster.com/physical-activity-and-quality-of-life-in-subjects-with-chronic-disease-chronic-obstructive-pulmonary-disease-compared-with-rheumatoid-arthritis-and-diabetes-mellitus/>

activity, health allied quality of life and psychological health in people (Arne et al 142). The concerned were people with chronic obstructive pulmonary disease (COPD), rheumatoid arthritis (RA) and diabetes mellitus (DM) together with healthy ones (Arne et al 142). The area of the study carried almost five million inhabitants (Arne et al 142). Sampling was random after stratification for gender, age group, county and municipality (Arne et al 142). For better results, each chronic disease was sampled independently (Arne et al 142). The findings were

COPD victims exhibited the compromised general health and physical activity level (Arne et al 142).

Half of RA and COPD victims suffered fatigue (Arne et al 142).

RA and COPD patients needed exceptional attention because weariness, physical activity and depression (Arne et al 142).

The (EQ-5D) questionnaire consisted mainly of depression, self-care, usual activities, pain and offered three option either, no, some or extreme problems (Arne et al 143). The (GHQ) was specially for evaluating psychological matters (Arne et al 143). The questions were based on fatigue, sleeping problems, anxiety and depression. A question regarding the subject's view on personal life was put with extremely care but not optimistic for anything. The Chi squared test was essential in elaborating correlation between categorical variables (Arne et al 143).

Findings unveiled that highest population that was experiencing chronic illness comprised the elderly, unemployed and did not have adequate education (Arne et al 144). More men experienced COPD and DM while women RA (Arne et al 144). COPD and RA had more economically unstable

<https://assignbuster.com/physical-activity-and-quality-of-life-in-subjects-with-chronic-disease-chronic-obstructive-pulmonary-disease-compared-with-rheumatoid-arthritis-and-diabetes-mellitus/>

people than those experiencing to DM (Arne et al 144). Approximately 84% of COPD subjects are inactive whereby 31% of them experience a poor general health (Arne et al 144). These victims have also proved to be extremely depressed than the other groups. Besides that, they also had shown to be more pessimistic in life compared to other groups (Arne et al 144). Together with RA, they experienced insomnia contrary to DM, for instance, the female gender who also exhibited anxiety and depression compared to men. COPD and RA had lower physical and quality life wellbeing than DM (Arne et al 144).

The study is efficient because it unveils the health status of victims in the public. The higher prevalence of RA and DM subjects indicate that, they have better health status and fewer symptoms (Arne et al 144). Physical activity is a crucial prevention and treatment for these ailments (Arne et al 146).

However, the study shows that there is the need to increase physical activity among chronic patients through various means like counseling and prescription (Arne et al 146). Although the study does not specifically display how severe a disease is, the anxiety and depression level reflect it (Arne et al 146). The study clearly shows that more attention needs to be displayed to chronic subjects to reduce the inconveniences of the disease to the victims.

Work Cited

Arne, Mats., Janson, Christer., Staffan, Janson., Boman, Gunnar., Lindqvist, Ulla., Berne, Christian & Margareta Emtner. Physical activity and quality of life in subjects with chronic disease: Chronic obstructive pulmonary disease

<https://assignbuster.com/physical-activity-and-quality-of-life-in-subjects-with-chronic-disease-chronic-obstructive-pulmonary-disease-compared-with-rheumatoid-arthritis-and-diabetes-mellitus/>

compared with rheumatoid arthritis and diabetes mellitus. *Scandinavian Journal of Primary Health Care*, 27. (2009): 141-147.