

“Prevalence and Predictors of Fatigue in Axial Spondyloarthritis – Data from the Reuma.pt Portuguese Cohort”

Proponents: C. Pinto Oliveira^{1, 2}, Sofia Ferreira Azevedo^{1, 2}, Carolina Vilafanha^{1, 2}, Ana Rita Prata^{1, 2}, Anabela Barcelos^{1, 2}

¹Rheumatology Department, Unidade Local de Saúde Região de Aveiro, Aveiro, Portugal.

²Centro Académico ClínicoEgas Moniz, Aveiro, Portugal

Abstract

Axial spondyloarthritis (axSpA) is a chronic inflammatory disease predominantly affecting the axial skeleton and the sacroiliac joints. Besides chronic pain and stiffness, fatigue is prevalent in inflammatory rheumatic diseases, including axSpA, where it affects at least half of the patients in most cohorts. Adequate control and reduction of fatigue is considered an important priority for patients. However, since this symptom's etiology and maintenance factors are diverse, its management remains challenging.

Fatigue is routinely measured using disease activity scores, such as the Bath Ankylosing Spondylitis Disease Activity Index (BASDAI). However, considering there is no single conceptualization of fatigue, and since objective measurements of its magnitude are nearly impossible, the cultural background may also influence the perception of this symptom. With this study, we propose to analyze the prevalence and magnitude of fatigue in a Portuguese cohort of axSpA patients, exploring possible associations with clinical characteristics.

