

ABSTRACT IN ENGLISH

Name of title: Physiotherapy and life quality promotions patients with Bechterew disease

Abstract:

Subject of this bachelor's thesis is lifelong rheumatic disease – ankylosing spondylitis – from the perspective of patients and possible influence of physical therapy on disease's outcomes. Theoretical part deals with anatomical findings on axial skeleton, classification of ankylosing spondylitis within the group of rheumatic diseases, etiopathogenesis, clinical manifestations, course of disease based on pathological and anatomical changes, examination, diagnostics, possibilities of medical treatment and therapy. Therapy is independent chapter, posing the first objective of this bachelor's thesis – description of different physical therapy approaches that can support the quality of life of patients with ankylosing spondylitis. Practical part deals with examination and description of subjective perception of quality of life of patients with axial form of ankylosing spondylitis during the course of disease. This bachelor's thesis can be classified as a descriptive type. Semi-structured non-standardized interview was used for data collection in practical part. Patients, who fulfilled criteria and signed informed consent, were interviewed. Recorded interviews were authentically transcribed. Based on those data analysis, categories and subcategories with principal outcomes were created. Pain of axial skeleton is a primary symptom and causes longterm physical and psychosocial difficulties, mostly due to incorrect differential diagnosis or patient's or physician's mistake. In advanced stage of disease, physical restriction in everyday activities may even lead to depression. Difficulties negatively influence patient's quality of life and is reflected in their behaviour. Quality of life is influenced by patient's attitude to illness, which also depends on access to information (which turned out to be insufficient). "Reconciliation" and disease acceptance, regular physical activity, correct diagnosis and appropriate medication determine the disease prognosis and provide full life without significant limitations in interests.

Key words: ankylosing spondylitis, physiotherapy, biological therapy, quality of life