Quality of life in Teleton Santiago Institute’s patients five years after discharge

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ABSTRACT

Introduction: Exploring the health quality of life in young adults with congenital or acquired physical limitations early in childhood, would redefine therapeutic interventions in the rehabilitation process and also promote a better family integration, working status and integration in the community after discharge from the Institution.

Objective: To determine health quality of life, demographic characteristics, functionality and level of participation, and to identify variables that affect their health quality of life Teleton Santiago Institute’s patients five years after discharge.

Materials and Methods: 40 patients that met the inclusion criteria were surveyed using a structured form and SF-12.

Results: In regards of demographic characteristics, we found predominantly male patients, a quarter of respondents had a partner and the majority lived with their parents; more than half had completed technical or university studies and 47.5% were occupationally active; 80% were functionally independent and had extra domiciliary gait. Social participation in community activities and sports was minimal. Quality of life in the physical and mental summary components of SF-12 was on average about 10% less than that seen in national results. We obtained a significant association between quality of life in the physical component and been employed.

Conclusion: We can consider that the health quality of life is acceptable in this group of young patients interviewed five years after the Teletón Santiago Institute discharge, and that they achieve educational and working integration similar to the general chilean population.

Key words: Health quality of life, young adults, disabled people, SF-12.