

Respiratory and functional profile of patients with neuromuscular diseases attended in the department of cardiorespiratory kinesic rehabilitation

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Introduction

Neuromuscular Diseases are a group of diseases that initially affect skeletal muscle and are characterized by progressive loss of muscle mass and muscle weakness. In Paraguay there are no official policies that help the treatment and follow-up of patients with these pathologies. However, during 2017 it was approved and a Project for the evaluation and treatment of patients with neuromuscular diseases was initiated at the Hospital de Clínicas. Objective: To identify the general profile and the respiratory situation of patients with Neuromuscular diseases treated at the Hospital de Clínicas during the year 2019. Materials and methods: Cross-sectional observational descriptive study in which data from patient evaluations were taken. with neuromuscular diseases who were attended by an outpatient clinic of the Department of Cardiorespiratory Rehabilitation, the qualitative variables were expressed in percentages while the quantitative variables were expressed in absolute values, averages and standard deviations. Results: 36 patients were evaluated, of which 69.4% were male with an average age of 14±4.7 years. The medical diagnoses presented by each patient were considered. 40% of the patients do not present gait, 63.3% of the patients have a normal schooling. More than 93% of patients have arterial oxygen saturation equal to or greater than 95% constantly and with normal ranges for end-expirated carbon dioxide (CO₂ ET). Despite this, 48% of the patients evaluated do not present functional cough and 40% of them require mechanical cough assistance, of which 7% are tracheostomized. of data for the monitoring of patients with neuromuscular diseases, thus opening the possibility of implementing health policies appropriate to their needs, taking into account that in Paraguay they are currently non-existent.

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