

ADHERENCIA AL TRATAMIENTO Y CALIDAD DE VIDA EN PACIENTES CON FIBRILACIÓN Y FLUTTER AURICULAR EN UNA CLÍNICA DE BARRANQUILLA DURANTE EL 2022

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RESUMEN

La fibrilación y flutter auricular son trastornos cardíacos crónicos que pueden tener un impacto significativo en la calidad de vida de los pacientes. La adherencia al tratamiento farmacoterapéutico es un factor crucial para el manejo efectivo de estas condiciones y consecuentemente en la calidad de vida de los pacientes.

Objetivo: Evaluar la adherencia al tratamiento farmacoterapéutico y su relación con calidad de vida en pacientes con fibrilación y flutter auricular en una Clínica de Barranquilla durante el 2022.

Metodología: Se realizó un estudio analítico observacional. Se aplicaron cuestionarios de adherencia al tratamiento y calidad de vida. A los resultados obtenidos, se les realizó una prueba de normalidad (Kolmogorov-Smirnov). Las variables cuantitativas se presentaron como medianas y rangos intercuartílicos, mientras que las categóricas se describieron con frecuencias absolutas y relativas. Se utilizaron pruebas específicas como Wilcoxon, Fisher y Chi cuadrado. Se aplicó un análisis de regresión logística multivariada y se utilizó el software R-CRAN 4.3.0.

Resultados: Se incluyeron 122 pacientes, mayoritariamente de edad avanzada (mediana: 64.5 años) y de género masculino (56%). El 97% de los pacientes demostraron adherencia al tratamiento, con puntajes promedio de 91 en la escala de adherencia. En cuanto a la calidad de vida, la mediana del puntaje global fue de 64. Los dominios menos afectados fueron Dolor corporal, Función Social, Rol emocional y Salud general. El Rol físico fue el más impactado (mediana: 0). La edad,

presión sistólica alta y niveles elevados de colesterol se asociaron con una calidad de vida menos favorable.

Conclusión: Los pacientes con fibrilación y flutter auricular tienen una alta tasa de adherencia al tratamiento; la calidad de vida se ve influenciada por factores como la edad y los niveles de colesterol. Indicando que no solo se debe abordar la adherencia al tratamiento, sino también los factores demográficos y paraclínicos en la gestión integral de la calidad de vida en esta población.

Palabras clave: Fibrilación; Flutter auricular; Calidad de Vida; Adherencia farmacoterapéutica; Pronóstico.

ABSTRACT

Atrial fibrillation and flutter are chronic cardiac disorders that can significantly impact patients' quality of life. Adherence to pharmacotherapeutic treatment is crucial for effective management and subsequently, for patients' quality of life.

Objective: To evaluate adherence to pharmacotherapeutic treatment and its relationship with quality of life in patients with atrial fibrillation and flutter at a clinic in Barranquilla during 2022.

Methodology: An analytical study was conducted. Adherence to treatment and quality of life questionnaires were administered. Results underwent a normality test (Kolmogorov-Smirnov). Quantitative variables were presented as medians and interquartile ranges, while categorical ones were described with absolute and relative frequencies. Specific tests such as Wilcoxon, Fisher, and Chi-square were employed. A multivariate logistic regression analysis was performed using R-CRAN software version 4.3.0.

Results: The study included 122 predominantly elderly patients (median: 64.5 years) with a male majority (56%). 97% of patients demonstrated treatment adherence, with an average score of 91 on the adherence scale. Regarding quality of life, the median global score was 64. Domains least affected were Bodily Pain, Social Functioning, Emotional Role, and General Health. Physical Functioning was the most impacted (median: 0). Age, high systolic blood pressure, and elevated cholesterol levels were associated with less favorable quality of life.

Conclusion: Patients with atrial fibrillation and flutter exhibit a high rate of treatment adherence; quality of life is influenced by factors such as age and cholesterol levels. This indicates that addressing not only treatment adherence but also demographic and paraclinical factors is essential for a comprehensive approach to improving quality of life in this population.

Keywords: Atrial Fibrillation; Atrial Flutter; Quality of Life; Pharmacotherapeutic Adherence; Prognosis.

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