

USE OF THE BOSTON QUESTIONNAIRE TO ASSESS THE EFFECTIVENESS OF TREATMENT OF PATIENTS SUFFERING FROM CARPAL TUNNEL SYNDROME

Sadagat Huseynova Huseynova¹, E. Mustafayeva²

¹*Medical Rehabilitation and Physiotherapy, Azerbaijan Medical University, Azerbaijan*

²*Clinical Neurophysiology, Research Institute of the Medical Rehabilitation, Azerbaijan*

Introduction. In the diagnosis and evaluation of the effectiveness of treatment of the carpal tunnel syndrome (CTS), along with clinical-instrumental methods (EMG, ultrasound, MRI), the Boston questionnaire (BC) is of great importance.

Objective: To assess the clinical effectiveness of the combined use of Nucleo CMP forte and electrical stimulation (ES) in patients with CTS using BC.

Material and methods. The study involved 60 patients with CTS, who were divided into two groups. The methods of examination included: neurological, ENMG, VAS, assessment of discriminatory sensitivity, Phalen`s and Tinel`s symptoms, BC.

Results. The Boston questionnaire consists of 2 scales: the Symptom Severity Scale (SSS) and the Function Status Scale (FSS). The mean total SSS score was 30.2 ± 0.55 , FSS - 22.7 ± 0.37 . According to the SSS, 3 degrees of severity of CTS were distinguished.

Upon completion of the course of therapy, a regression of existing symptoms was detected. Under the influence of the Nucleo CMP forte and ES, there were statistically significant changes in all items of the SSS after the second stage of treatment ($p < 0.001$). The total FSS score (from 22.9 ± 0.5 to 12.2 ± 0.76) and the index (from 2.87 ± 0.06 to 1.32 ± 0.08) also underwent pronounced dynamics. The influence of self-administration of ES in patients on BC indicators was not pronounced.

Conclusion. The combined use of ES and Nucleo CMP forte contributes to the regression of the clinical manifestations of CTS, improves the indicators of the BC and can be recommended for conservative treatment of patients with mild and moderate forms of the disease.

