

Other

CENTRAL SENSITIZATION IN RHEUMATOID ARTHRITIS

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Objective: to identify the signs of central sensitization (CS) in patients with rheumatoid arthritis (RA) with the central sensitization inventory (CSI). **Patients and methods:** We examined 43 RA patients with chronic pain. The patients underwent rheumatological examinations; CS was diagnosed using the CSI; inflammation severity (DAS28 index), pain intensity (VAS), affective disorders (HADS), and quality of life (EQ-5D) were assessed. **Results:** We recruited 36 women and 7 men, mostly with moderate and high disease activity according to the DAS28 index. Using the CSI subclinical CS was found in 9 patients (20.9%), mild in 7 (16.3%), moderate in 8 (18.6%), severe in 16 (37.2%), and extremely severe sensitization in 3 (6.7%). Thus, they had clinically significant CS. 62.5% of patients with RA had CS according to the CSI questionnaire (40 points). Patients with the presence of cutaneous allodynia were characterized by more severe anxiety (10.0 [7.0; 11.0] vs 5.0 [3.0; 6.0], $p=0.001$) and lower quality of life (0.52 [-0.02; 0.52] vs 0.52 [0.52; 0.69], $p=0.02$). The CSI tests not only pain but also other diseases associated with CS. Comorbid disorders associated with CS were found in patients with RA: 34.9% had cognitive impairment, 39.5% had signs of depression. **Conclusion.** Central sensitization was detected in 62.5% of patients with RA using the CSI questionnaire. CS is associated with anxiety and depression and negatively affects the patients' quality of life. Chronic pain in RA can be of a mixed nature which must be considered in the selection of personalized therapy.

