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Adhesive shoulder capsulitis severity, subjective health complaints and insomnia: is there a relationship?

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Background and Aim: Adhesive capsulitis of the shoulder, also called frozen shoulder, has a prevalence of 2% to 5% in general population and has a strong correlation with other medical conditions such as diabetes, rheumatic disease, heart disease, and hyperthyreosis. We want to explore relationship, if any, between adhesive shoulder capsulitis, subjective health complaints (SHC) and insomnia and whether there is a correlation between SHC and insomnia with severity of adhesive capsulitis.

Methods: This prospective randomized controlled, intention to treat study was performed between 2010 and 2013 in primary care. All the 105 recruited patients were randomized to one of three groups: Group 1 received intra-articular corticosteroid injection and Lidocaine; group 2 received in addition sodium chloride as distension varying from 8 ml to 20 ml; group 3 served as control group. But in the present study we analyse all patients as a single group. We collected data on Pain and function using Shoulder Pain and Disability Index (SPADI), sleep, using Bergen Insomnia Scale (BIS) and Subjective Health Complaints (SHC) at baseline, after 4 weeks and 8 weeks besides other parameters. We intend to perform multiple regression analysis to explore relationship between SPADI, BIS and SHC.

Results: Out of the 216 patients referred for the study, 146 met the inclusion criteria, 40 patients declined to participate. Results will be presented by end of March.

Key words: adhesive capsulitis, subjective health complaints, insomnia, SPADI
The trial is registered with ClinicalTrials.gov identifier: NCT01570985