

VLERËSIMI I AKTIVITETIT TË ARTRITIT REUMATOID BAZUAR NË KLINIKËN DHE NË ANALIZAT E GJAKUT DHE LIKIDIT SINOVIJAL

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Summary

ASSESSMENT OF RHEUMATOID ACTIVITY BASED ON CLINICAL FEATURES AND BLOOD AND SYNOVIAL FLUID ANALYSIS

Background: Evaluation of the rheumatoid patient can be determined by objective and effective measures of disease activity. A cautious clinical assessment which may be converted into a numerical score can be used as a measure of disease activity. The erythrocyte sedimentation rate (ESR) is most commonly used, but it is better to measure C-reactive protein. The disease activity can be assessed by analysing synovial fluid. The white blood cell count is raised in inflamed joints. The more acute is the inflammation, the higher is the absolute and percentage polymorph counts.

Objectives: Assessment of rheumatoid activity based on clinical features and blood and synovial fluid analysis.

Methods: The study included 62 patients presented in the cabinet of rheumatology in hospital of Durrës. The patients met the ACR criteria for Rheumatoid Arthritis. 48 were female and the mean age was 50.3 years (range 24-68 years). A detailed history was taken with particular reference to the patient's complaints about the affected joints. The amount of pain on joint movement, amount of stiffness were assessed on examination and each allocated a score as follows: nil =0, mild =1, moderate =2, severe =3. For each joint we aspirated 2.5 to 3.0 milliliters of synovial fluid. The aspirated fluid was submitted to routine synovioanalysis (volume, viscosity, color, cell count). To establish the proportion of polymorphonuclear and mononuclear cells was used a Jenner - Giemsa stain. For each patient was performed blood test including fibrinogen, haemoglobin, ESR test and C-reactive protein.

Results: In 62 patients the fluid cytologically analyzed had these mean value: The total white cell count ranged from 15,000 to 70,000 per cubic millimeter, where polymorphonuclears 68%, lymphocytes 20%, monocytes 12%. From statistical analysis of data, we found a significant correlation ($p < 0.001$) among clinical data, disease and number of polymorphonuclear and monocytes in synovial fluid and values of C-reactive protein, fibrinogen and ESR in blood tests.

Conclusions: The increased number of PMN in synovial fluid, increased values of C-reactive protein, fibrinogen and ESR that indicate the disease activity, correlate significantly with clinical data. They are simple in application but very useful on description of disease activity.

Key words: synovial fluid, polymorphonuclears, disease activity, rheumatoid arthritis.

Dhimbja dhe edema në artikulacione është një karakteristikë thelbësore e artritit reumatoid (AR), ndërsa në të njëjtën kohë sasia e likidit sinovial mund të rritet së tepërmi (1).

Analiza e likidit sinovial është përdorur zakonisht për të diagnostikuar artritin dhe për të vlerësuar aktivitetin inflamator të edemave artikulare. Ajo mund të jetë e vlefshme në përcaktimin e prognozës së një inflamacioni artikular. Vlerësimi i pacientëve me artrit

reumatoid varet nga elementët e përdorur për matjen e aktivitetit të sëmundjes dhe efikasiteti i terapisë gjykohet në bazë të aftësisë të terapisë për të kontrolluar aktivitetin e sëmundjes. Një element i vetëm i intesitetit të inflamacionit nuk është i vlerësueshëm. Deri më sot nuk ekziston një parameter ideal, por mund të bëhet një vlerësim bazuar në simptomat dhe shenjat, ekzaminimet hematologjike dhe biokimike si dhe të likidit sinovial.