

Guțu C.

CARPAL TUNNEL SYNDROME IN PATIENTS WITH RHEUMATIC DISEASES

State University of Medicine and Pharmacy «Nicolae Testemitanu», Chisinau, Moldova
Department of Internal medicine: Rheumatology and Nephrology
(scientific advisor - M.D. Rotaru L.)

Carpal tunnel syndrome (CTS) is a disease caused by excessive pressure on the median nerve as it moves through the wrist to the carpal tunnel. CTS develops as a complication of rheumatic diseases. If the syndrome is treated correctly, there are usually no complications. If left untreated, the nerve can be damaged and can lead to numbness, constant pain, paresthesias, loss of dexterity and muscle weakness. Frequently, symptoms appear in the morning, but they may also happen during the night and interrupt their sleep. This study aims to establish the presence of CTS in patients with rheumatic diseases, especially in patients with RA and gout, with the involvement of EMG and USG methods.

A descriptive, retrospective study was performed on a group of 90 patients diagnosed with rheumatic diseases, of which - with rheumatoid arthritis (RA) - 45 patients and 45 patients with gout, hospitalized in the rheumatology and arthrology departments of IMSP SCR "Timofei Moșneaga" during 2018-2020. All subjects met the ACR diagnostic criteria for RA and gout. Patients were divided into two groups: I group - 45 patients with RA; II group - 45 patients with gout. The average age of the patients was - 49.5 (29-70) years, the average age at the onset of the disease - 38.5 (28-49) years, the duration of the disease at the time of inclusion in the study - 13 (1-25) years.

CTS is present in 48 % of patients with RA and 34 % of patients with gout. Clinical symptoms (pain, limited range of motion, sensory disorders) were not present in all registered cases. There were asymptomatic patients (only nocturnal paresthesia). The degree of damage to the median nerve depends on the duration of the disease and the activity of the inflammatory process.

In the treatment of rheumatic diseases, it is necessary to prevent the development of complications, including CTS; therefore, it is essential to establish early changes with the involvement of instrumental investigations: EMG and USG. Treatment should provide pain relief and protection of the median nerve from further damage.