

The AFRETH Experience of Prevention and Education in French Spas Resorts

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In the last years, prevention and education has emerged as a crucial issue for the chronic patients undergoing balneotherapy.

General information on health and/or **diseases** can be offered through public conferences and the dissemination of leaflets. Thermal care facilities have a deep expertise in the delivery of **practical education** coming in the form of dedicated workshops. Particular **programmes** combining hydro-thermal cares, rehabilitation and education are also implemented. Law regulated programmes of **patient therapeutic education (PTE)** are frequently delivered in spa resorts.

Scientific assessment of prevention and education is an important part of the AFRETH activity: 13 RCT have been dedicated to the actual medical benefit demonstration (5 have been published, 3 are in progress and 5 are ongoing) and 14 studies (8 RCT and 6 observational studies) have been dedicated to prevention and education interventions assessment.

6 studies have been published concerning prevention and/or education in post breast cancer rehabilitation (RCT), metabolic syndrome, psychotropic drug withdrawal, adapted physical activity, cognitive decline, chronic low back pain patients with sick-leave (RCT); three studies are in press: chronic venous insufficiency, frailty risk factors, overweight (RCT). In progress trials are assessing PTE in patients with fibromyalgia (RCT), upper limb musculoskeletal disorders (RCT), ecoached adapted physical activity (RCT). 3 RCT are ongoing: education in knee osteoarthritis, sleep disorders, prevention of falls in the elderly.

The **results** of these different studies confirm the relevance of prevention and/or education delivered during spa therapy on **weight** control (Prisme, Pacthe), adapted **physical activity** (Pacthe, T Cap, MAPT), **stress** control (Specth, Pacthe), **cognitive** stimulation (MAPT), **quality of life** (Pacthe, TCap), **sleep** (Specth, Pacthe), **activities** (Tcap, Pacthe). The ongoing results will arguably confirm these first results and show the interest on pain control and falls prevention.