

Therapeutic Education in rheumatology: example of both programs "Fibromyalgia " and "Osteoarthritis " set up in the spa center of Dax (France)

Dubourg K⁽¹⁾

⁽¹⁾Institut du Thermalisme, Université de Bordeaux, Dax, France
karine.dubourg@u-bordeaux.fr

The thermal urban area of Grand Dax had the authorization by its administration of supervision (the ARS) to deliver two programs of Therapeutic Education of Patient (ETP) intended for patients reached of chronic pathology : one on the fibromyalgia, the program Fibr' Eau and another on the degenerative osteoarthritis of the members, the program Educ' Arthrose. These two programs were thought and built by the CNETH then gave to the spa center having a multidisciplinary team trained in the ETP.

The dispensation of a program ETP is made according to a quite particular dynamics, namely : a shared educational assessment or educational diagnosis shared realized generally by a nurse, the participation of the patients in therapeutic activities then finally an assessment in order to evaluate the competences acquired by the patient. It is on this plan that the programs Fibr' Eau and Educ' arthrose are delivered during the 18 days of water cure in a spa center.