

Techirghiol Balneal and Rehabilitation Sanatorium - one year study on patients` profile

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Introduction: The Balneal and Rehabilitation Sanatorium of Techirghiol gained its fame over the years, due to the good therapeutic results and the great number of patients treated here with natural cure factors – salted water and sapropelic mud of Techirghiol Lake.

Aim: to analyse the profile of patients admitted in Techirghiol Balneal and Rehabilitation Sanatorium;

Material and method: we analysed a plot of six thousand two hundred eighty one patients from ten thousand nine hundred fifty seven patients admitted in the sanatorium within one year. All patients underwent the cure according to the protocols of TBRS. After the initial clinical examination, a questionnaire containing more than 50 items, conceived by the authors, which includes personal data, medical history, comorbidities, stress level, home physical activity, were filled in. All patients were informed about the study and agreed to participate.

Data from the questionnaires were statistically processed and plotted. Twenty young residents and six final year students in medicine worked together with the authors to process the huge amount of data entry and information.

Conclusions: data obtained after processing of the questionnaires show that osteoarthritis is the predominant pathology and pain the main symptom in patients admitted to cure. The patient is:

- rather women (64%) than men (36%);
- rather 50 – 59 y.o. (31%) or 60 – 69 y.o. (29%) than 40 – 49 y.o. (15%) or more than 70 y.o. (17%),
- rather retired (53%) than active (43%),
- rather overweight (44%) than obese (27%) or normal weight (24%);
- rather with comorbidities (37% one, 34% polipatolgy) than without (29%),
- no smokers and urban citizen

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