**SAŽETAK**

**KVALITET ŽIVOTA KOD PACIJENATA SA LUMBALNOM RADIKULOPATIJOM**

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**Uvod:** Bol u lumbalnom delu koji iradira duž noge po radikularnom tipu je često oboljenje. Pored bola u donjem delu leđa ili nozi u toku bolesti se javljaju i brojni drugi simtomi i znaci koji snižavaju kvalitet života pacijenata.

**Cilj:** Utvrditi kakav je kvalitet života pacijenata sa lumbalnom radikulopatijom putem primene opšteg zdrvatsvenog upitnika i upitnika specifičnog za bol u leđima.

**Materijal i metode**: Sprovedena je prospektivna klinička studija kojom je analiziran kvalitet života osoba sa lumbalnom radikulopatijom. Istraživanjem je obuhvaćeno 30 ispitanika oba pola. Za procenu kvaliteta života upotrebljen je opšti upitnik o zdravstvenom stanju Short Form 36 ( SF-36 ) i specifičan upitnik za procenu funkcionalne nesposobnosti The Oswestry Low Back Pain Disability Questionnaire.

**Rezultati:** Mentalno stanje većine bolesnika sa lumbalnom radikulopatijom znatno je manje ugroženo od fizičkog. Sve skale fizičkog domena SF-36 upitnika sa Oswestry upitnikom su statistički značajno povezane i visoko negativne. Opšte zdravstveno stanje ispitanika nije značajnije ugroženo. Pol kao demografska kategorija nije se pokazao kao faktor koji značajno korelira sa komponentama primenjenih instrumenata. Ispitanici bol doživljavaju kao faktor koji najznačajnije snižava njihov kvalitet života. Postignuća na Oswestry upitniku su pokazala visok procenat onesposobljenosti 40,8%. Korelacije Oswestry upitnika i SF-36 su statistički značajne, visoke i negativne. Ne postoji razlika u osetljivosti na promene kvaliteta života merenih generičkim i specifičnim upitnikom.

**Zaključak:** Kvalitet života kod osoba sa lumbalnom radikulopatijom značajno je smanjen zbog dugotrajno prisutnog bola u leđima i nozi.

**Ključne reči: lumbalna radikulopatija, kvalitet života, SF- 36 upitnik, Oswestry upitnik**

**ABSTRACT**

**LIFE QUALITY OF PATIENTS WITH LUMBAR RADICULOPATHY**

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**Introduction:** Pain in the lumbar region, which irradiate along the leg in the radicular manner is a common disease. In addition to pain in the lower back or leg many other symptoms occur in the course of the disease which decrease life quality of patients.

**Objective:** To determine the life quality of patients with lumbar radiculopathy through the application of the general health questionnaire and survey-specific back pain.

**Materials and methods**: We performed a prospective clinical study which analyzed the life quality of patients with lumbar radiculopathy. The study included 30 patients of both sexes. As a general health instrument a short questionnaire about the health of Short Form 36 (SF-36) was used and as a disease-specific questionnaire the Oswestry Low Back Pain Disability Questionnaire for the assessment of functional disability.

**Results:** Mental condition in the majority of patients with lumbar radiculopathy is less affected than the physical. All scales of the physical domain of the SF-36 questionnaire with the Oswestry questionnaire were statistically significantly associated and highly negative. General health status of patients was not significantly affected. Sex as a demographic category not proved to be a factor that significantly correlated with components of applied instruments. Respondents perceive pain as the most important factor that reduces their quality of life. Looking at the achievements of the Oswestry questionnaire, respondents showed a high percentage of disability of 40.8%. Correlations Oswestry questionnaire and SF-36 were statistically significant, high and negative. There is no difference in the sensitivity to changes of the life quality measured by the generic and specific questionnaires.

**Conclusion:** The life quality of patients with lumbar radiculopathy has been significantly reduced due to the long-term back and leg pain.

**Key words: lumbar radiculopathy, life quality, SF-36 questionnaire, the OswestryLow Back Pain Disability Questionnaire**

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