E-Poster

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The Impact of Rehabilitation on Quality of Life of Patients Suffering From Sclerosis Multiplex

Topic: Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

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BACKGROUND

Multiple sclerosis (MS) is one of the most common chronic inflammatory demyelinating neurological diseases, which significantly impacts patients' quality of life. Initial symptoms typically appear between the ages of 20 and 40, a period of peak life activity.

The aim of this study is to evaluate the effect of a four-week outpatient rehabilitation program on the quality of life of patients with MS undergoing immunomodulatory treatment.

METHODS

The study included 34 patients (M=9 and F=25) from the Neurology Department of the Provincial Hospital in Konin, all diagnosed with MS. The average age of the patients was 43.5 ± 9.2 (women: 45.3 ± 8.2; men: 38.3 ± 10.5). The average duration of the disease was 10.2 ± 5.9 years (women: 10.5 ± 5.0 years; men: 9.2 ± 8.2 years). The number of disease relapses among all patients was as follows: no relapses-20 patients, one relapse-12 patients, two relapses-two patients. Patients were treated with first-line immunological drugs: interferon A, interferons β, and glatiramer acetate. The examination of the patients undergoing outpatient treatment was conducted before the rehabilitation program and four weeks after its completion. The study used the EDSS scale and the WHOQoL questionnaire. Statistical analysis was carried out at p-value = 0.05.

RESULTS

The average EDSS score for the entire group of patients was 1.7 points, (F=1.6 points, M=1.9 points; Women vs Man - t-test, p-value = 0.4192). Global quality of life, according to WHOQoL, for all patients: before therapy: 3.9 ± 0.7 points, after therapy: 4.3 ± 0.5 points; specifically, women: 3.9 ± 0.6 points, men: 3.9 ± 0.7 points before therapy and 4.3 ± 0.4 points after therapy. Self-assessment of health for all patients: before therapy: 3.4 ± 0.8 points, after therapy: 3.9 ± 0.3 points. Quality of life analysis according to WHOQoL showed a significant improvement after therapy for all patients and the female group (before therapy: 3.6±0.7 points, after therapy: 3.9 ± 0.3 points). Therapeutic effects were observed across all domains. Quality of life in the mental domain was significantly higher compared to the other domains (ANOVA Friedman test).

CONCLUSION

The four-week outpatient rehabilitation program improves the quality of life for patients with multiple sclerosis. No adverse effects were observed during the therapy. Rehabilitation for multiple sclerosis patients should be conducted comprehensively and continuously.

Statement of Disclosures

None

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