The importance of the Program for the Promotion of Physical Activity in perceived fatigue in people with Multiple Sclerosis

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Multiple sclerosis

- It has no cure
- It has variety of symptoms
- It affects Women Between 20 and 40 years ago
- Caucasian race
- Affect 1/1000 people
- Chronic disease of the central nervous systems
- there 2.5 million people world-wide

Shawaryn, Schiaffino, LaRocca e Johnston, 2002
Grasso, et al, 2005
Multiple sclerosis

It is more frequent Relapsing-Remitting course

Sometimes there is rapid deterioration

Today we can early diagnosis

There are new pharmaceutical strategies which reduce the impact of disability

There are many Factors which cause the disease: Environment genetic
Fatigue

Subjective lack of Physical or Mental energy that is perceived by the individual or caregiver to interfere with activities of life (Kos et al, 2008; Vuciv, et al, 2010)

The source of fatigue could be a power failure production at muscle (peripheral fatigue) or a failure to sustain the required neural drive to muscle (central fatigue). It is likely that both extremes of the fatigue spectrum are important in Multiple Sclerosis (Vuciv, et al, 2010).
Objective

The aims of the study is to examine for Intervention program of physical activity In the perception of fatigue , in patients With multiple sclerosis
PARTICIPANTS

24 people with multiple sclerosis

58.3% women

Age $M=44$

Education $M=12.5$

37.5% married

67% retired workers

EDSS score under 7

Diagnosis years $M=12.5$

52.1% one Relapsing-Remitting Last year
Fatigue Severity Scale

Development by Krupp et al (1898), for people with multiple sclerosis

The FSS is a 9 item questionnaire, Where each item is rated from a score of 1-7

That assesses the severity, frequency and impact of fatigue on daily life.
Intervention Program

Promotion of Physical Activity

Seven weeks

Group of eight or ten people

First 40m. - Group counseling
Second 30m. – physical activity
Last 20 m. work to do during the week

One session for week with 90 minutes
Results

Assessment fatigue severity scale, between the first and seventh session (last session) of the intervention program to promote physical activity.

We find statistically significant differences perception of fatigue in first and last time point.
Conclusion

There are statistically significant differences between the two moments of assessment, suggests that physical intervention programs for promotion of physical activity can play an important role to control perception of fatigue in Multiple Sclerosis Patients.