Implication of an Intervention Program for the Promotion of Physical Activity in the Quality of Life of people with Multiple Sclerosis

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Multiple sclerosis

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

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
Quality of Life

Is the perception that the individuals have their own positive in life in the context of the culture and the value system in which they live, and relation their objectives, their expectation, their standards and their concerns.

Health-related quality of life
It is a multidimensional constructs that attempts to capture the patient's perspective on the physical, mental, and social aspect of health.

(Shawaryn, Schiaffino LaRocca & Johnston, 2002)
Objective

The aims of this study is to examine the interest for Quality of life of an implementation of program physical activity, with patients of multiple sclerosis.
PARTICIPANTS

- 24 people with multiple sclerosis
- 58.3% women
- Age $M=44$
- Education $M=12.5$
- 52.1% one Relapsing-Remitting Last year
- EDSS score under 7
- Diagnosis years $M=12.5$
- 67% retired workers
- 37.5% married
Instruments

Multiple Sclerosis Quality of Life – 54 MSQOL-54

- Health perceptions,
- Social function,
- Cognitive function,
- Health distress,
- Overall quality of life,
- Sexual function

Multidimensional Health-related QOL Measure (Vickrev et al, 1995)
- It is 54 items divided into 12 subdimensions
- Physical function, role limitation – physical,
  Role limitation - emotional
- Pain, emotional well-being, energy

Is made up by SF-36
- With 18 items specific for MS
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 of quality of life, between the first and seventh session (last session) of the intervention program to promote physical activity

We find statistically significant differences in all dimensions of Quality of Life between the first and last time point, exception for the dimensions “pain” and “health perception”
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 in the QOL of these patients.