



How Does a Physical Activity Program Have Implications for the Control of Fatigue and Functionality in Patients with Multiple Sclerosis?

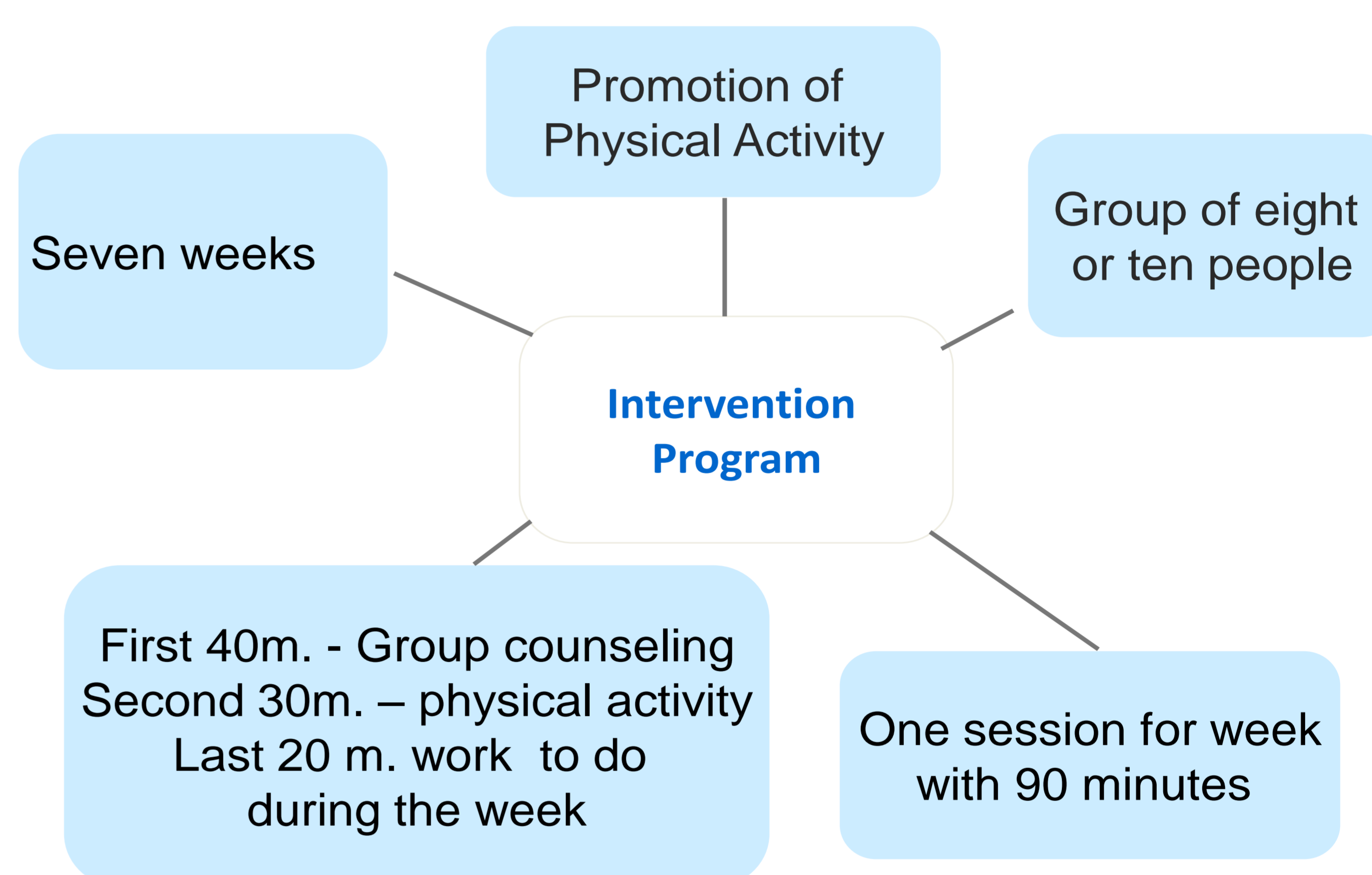
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Introduction: Multiple Sclerosis (MS) is a disease of the central nervous system that affects more often young adults with no cure and unknown causes. The most common signs and symptoms are fatigue, changes in sensation, ataxia, changes in balance, gait difficulties.

The aim of this study is to examine the importance of a program to promotion of physical activity in the control of fatigue and perception functionality in patients with MS.

Methods: This is a quasi experimental study. We carried out the first assessment on the first session of the implementation of program and a second evaluation at the end of the program. The intervention group consists of 27 patients with diagnosis of MS for more than one year. The sessions were held once a week for 90 minutes, over a period of 7 weeks. We asked the subjects the question “Please classify your functionality?” with answer in a 10 points analogue scale, and used the Fatigue Severity Scale (FSS).



Results: The mean age of 44 years. 58.3 % were women, 37.5 % were currently married, 67% were retired, and the mean level of education was 12.5 years. The correlation between the functionality and FSS, before the program was $r = 0.29$, ($p < 0.05$), and after the program was $r = 0.41$, ($p < 0.01$), changing from a low to moderate correlation, meaning less fatigue and greater functionality

Conclusion: We conclude that the program of physical activity in patients with MS can improve fatigue and this has an influence your functionality.

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