



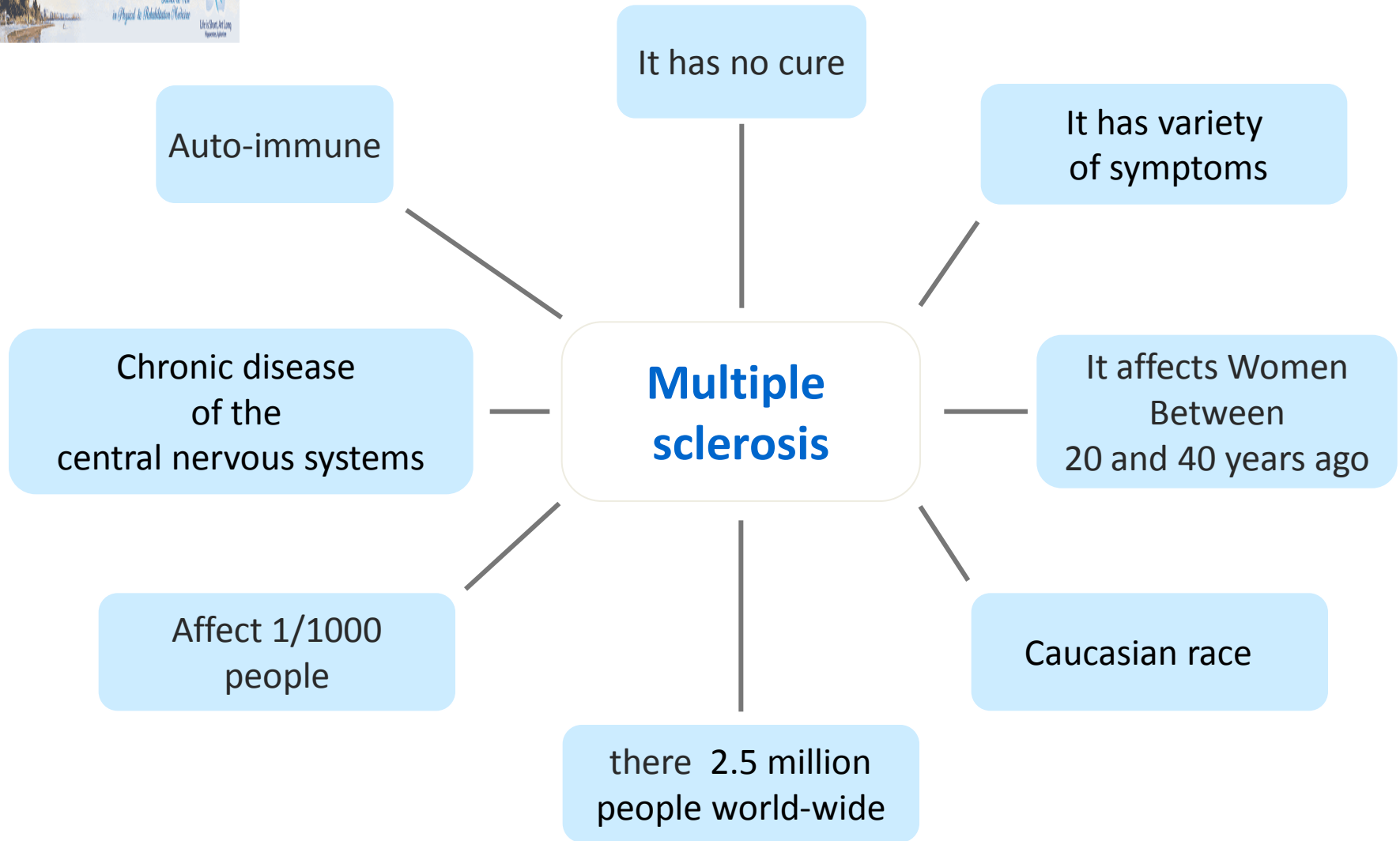
Implication of an Intervention Program for the Promotion of Physical Activity in the Quality of Life of people with Multiple Sclerosis

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It is more frequent
Relapsing- Remitting
course

Sometimes there is
rapid deterioration

Today we can early
diagnosis

Multiple sclerosis

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

WHO,

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



52.1% one
Relapsing-Remitting
Last year

24 people with
multiple sclerosis

EDSS score under 7

58,3 % women

PARTICIPANTS

Age M=44

Diagnosis years
M=12,5

Education
M=12,5

67 %
retired workers

37,5 % married



Multidimensional
Health - related QOL
Measure (Vickrev et al, 1995)

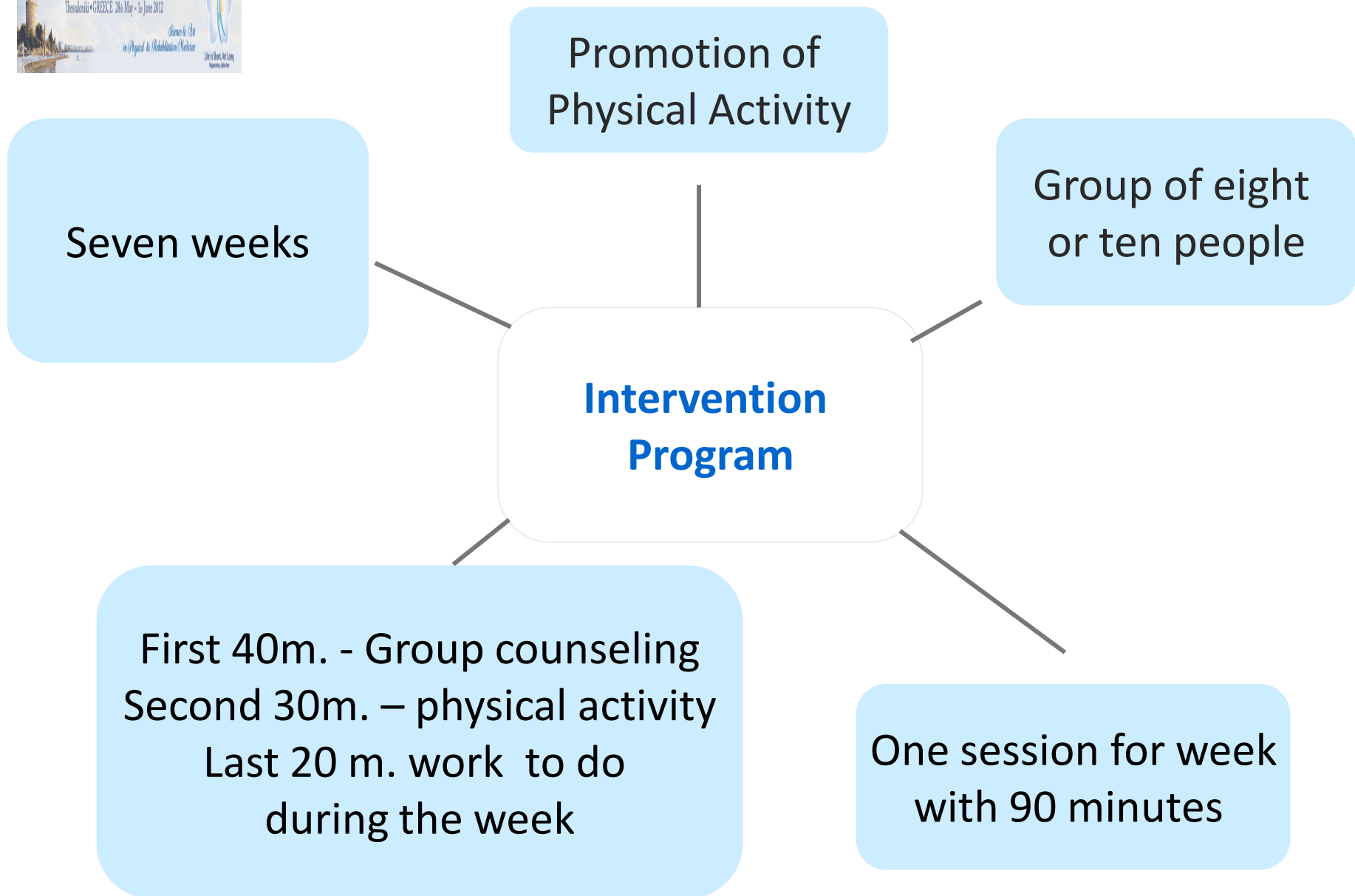
Is made up by SF-36
With 18 items specific
for MS

Instruments
Multiple Sclerosis
Quality of Life – 54
MSQOL-54

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

Physical function,
role limitation – physical,
Role limitation -emotional
Pain, emotional well-being,
energy

It is 54 items divided into
12 subdimensions



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