Quality of life in patients with multiple sclerosis

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INTRODUCTION

- Our study evaluates the quality of life in patients struggling with multiple sclerosis (MS) and the impact this disease has on their daily lives, mental health and social interactions.

MATERIALS

- Our lot consisted of 248 women and 102 men, ages between 19 and 63, all of them undergoing immunomodulathory therapy (215 interferon, 84 glatiramer acetate and 51 natalizumab therapy.

METHODOLOGY

- We have conducted a prospective observational study based on battery of 10 individual scales(MSQLI) applied to 350 patients who are following immunomodulathory therapy in the Neurology Department at Colentina Clinincal Hospital, over a period of one year.

- MSQLI provides both a generic and MS-specific measurement of quality of life.

RESULTS

- 64% of Patients consider their health state to be fair.

- 28% - not so good .

- 8% of patients consider it to be worse.

More than half of the patients have had their daily activities impaired because of MS and had to renounce some activities that gave them pleasure in the past. Amongst the ***most common causes of low QOL***, we encounter: ***fatigue*** in 28% patients, ***pain*** (24% of them consider it tolerable and invalidating in 5 cases), the ***lack of energy*** in the majority of the lot, sleep disorders and appetite changes are less frequent. Only 18% of the people acknowledge the fact that they suffer from depression (depression was associated with lower QOL) and 15 patients consider that they have socially isolated themselves. 14% of them think they lack the ***moral support*** from their families. 10% of patients report sexual dysfunctions.

CONCLUSIONS

MS is a disabling disease that affects every aspect of our patients' life.The most common issues the arise in patients with MS are ***depression***, ***fatigue*** and ***increased disability***.