

The physical and occupational activity of patients with multiple sclerosis depending on the form of clinical disease

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ABSTRACT

Introduction: The progressive nature of multiple sclerosis (MS) is associated with numerous neurological deficits, leading gradually to deteriorating health and to disability.

Purpose: The aim of this study was a subjective assessment of the physical and occupational activity of individuals with MS depending on the clinical form of the disease.

Materials and methods: We used the original to conduct the research, with 28 closed questions. The study was carried out from December 1, 2018, to January 31, 2019, following approval by the Bioethics Committee of the Medical University of Białystok, among persons belonging to the Association for Helping Sick People for Multiple Sclerosis in Białystok and patients of the Neurology Department of the University Clinical Hospital in Białystok. The study sample comprised 50 people diagnosed with MS, 41 women and 9 men.

Results: The most frequently occurring clinical form of MS was relapsing-remitting (68%). In this form, most participants had good physical fitness (44%). In those with the progressive-recurrent form (50%), very poor physical fitness was subjectively noted. Of those with the relapsing-remitting type of MS, 50% were professionally active, while none of the participants with the progressive-recurrent form were. Both the physical and occupational activities of MS patients were frequently limited by fatigue, balance disturbances, and movement difficulties. Fatigue was the most common symptom for most individuals with MS (82%).

Conclusion: MS has a significant impact on both the physical activity and occupational functioning of patients. In the clinical form of MS, relapsing-remitting, patients' physical fitness was better.

Keywords: Multiple sclerosis, physical activity, occupational activity

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