Telerehabilitation on COVID 19 Pandemic Period Affecting Quality of Life and Fatigue of People with Multiple Sclerosis

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BACKGROUND

Multiple Sclerosis is a chronic neurological disease, characterized by demyelination of neurons in the Central Nervous System that occurs by an immune-mediated response. It can trigger motor, sensory and cognitive symptoms according to its lesional topography. Currently, there are three subtypes named according to their clinical evolution, being remitting-recurring, primarily-progressive, secondarily-progressive.

OBJECTIVE

To analyze the effect of telerehabilitation in patients with Multiple Sclerosis during the isolation period of the pandemic of COVID-19.

METHODS

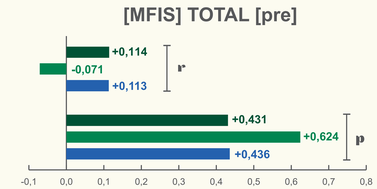
This is a retrospective study through the analysis of medical records, with adult individuals affected by Multiple Sclerosis, through the scores of some scales. They are - MFIS (Modified Fatigue Impact Scale), EDSS (Expanded Disability Status Scale) and MSQOL-54 (Multiple Sclerosis Quality Of Life-54).

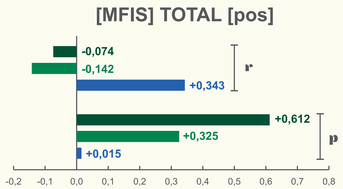
RESULTS

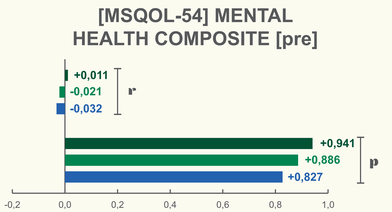
The Wilcoxon Signed Test Station was applied to verify the differences between the moments of pre and post-intervention. In general, the MFIS scores at the time of pre-intervention are higher than the post-intervention. As for the MSQOL-54 scale, the scores were lower in the pre-intervention period than in the postintervention period. Spearman's correlation analysis was applied, verifying the degree of relationship between the variables of the scale results and age, sex and EDSS. The EDSS demonstrated a good relationship with both the MFIS scale and the MSQOL-54.

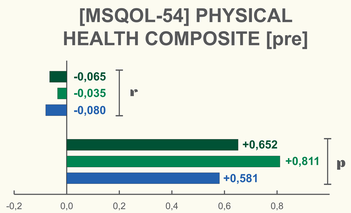
CONCLUSIONS

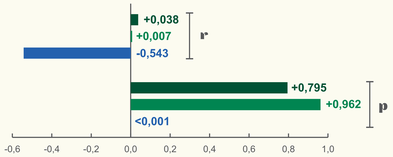
We show that telerehabilitation performed during the pandemic period has a positive effect on the feeling of fatigue and quality of life of patients with Multiple Sclerosis.

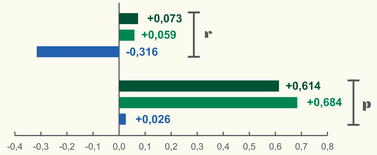


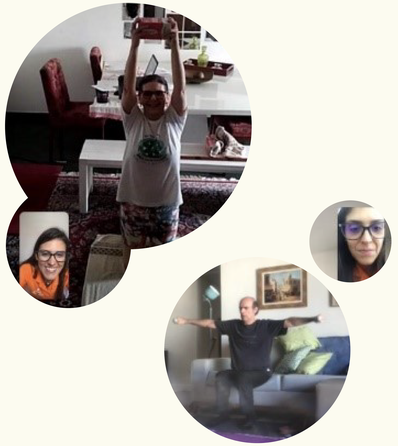












Age
Sex
EDSS

r Correl. Coef. (r)
p Sig. (p)

BIBLIOGRAPHIC REFERENCES

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