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The effect of continuous care on the lifestyle of patients with multiple sclerosis: A randomized clinical trial**Masoud Khodaveisi**

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Background: Multiple sclerosis is a common debilitating chronic disease of the central nervous system with progressive and prolonged nature. Patients need an adjusted lifestyle and continuous care in order to prevent its recurrence and progressive disabilities. This study aimed to assess the effect of continuous care on lifestyle in the patients with multiple sclerosis.

Materials & Methods: A randomized clinical trial was conducted on 72 patients with multiple sclerosis who referred to Farshchian Educational Hospital in Hamadan, Iran, in 2013. The patients were allocated to intervention and control groups using balanced block randomization with blocks of four. The steps of continuous care (orientation, sensitization, control and evaluation) were implemented for case group for two months. The patients' lifestyle was assessed before, one and two months after continuous care using the researcher-developed lifestyle questionnaire. The Data were analyzed by SPSS (version 16) using the chi-square test, t-test, and repeated measures ANOVA.

Results: The mean score of lifestyle and its dimensions were significantly higher in the intervention group one and two months after the intervention compared to the baseline ($P=0.000$). In contrast, the mean score of lifestyle and its dimensions had no significant difference in the control group one and two months after routine care compared to the baseline.

Conclusions: Continuous care improved the patients' lifestyle. It could be designed as an appropriate care system into the hospitals or other health care centers in developing countries such as Iran. This care system could be used widely in order to improve adherence to suitable lifestyle in patients with multiple sclerosis and other chronic diseases as well.

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