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Role of rehabilitation in multiple sclerosis

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Multiple sclerosis is a progressive, complex, heterogeneous neurological disorder associated with long-term disability. While current treatment and drugs aim to reduce multiple sclerosis (MS) exacerbations and slow disease progression, there is a need for comprehensive rehabilitation interventions in order to reduce sequels and symptoms of the disease, improve functional ability and quality of life. An integrated team of healthcare professionals is necessary to address a myriad of problems to reduce impairments, disabilities, and handicaps and to improve participation. Inpatient and outpatient multidisciplinary rehabilitation has been shown to be beneficial in improving disability, participation and quality of life despite progression of the disease. Timing and setting of rehabilitation interventions should be selected individually depending on disease phase, functional deficits, personal requirements, as well as specific goals. The problems may be related to weakness, spasticity, mobility, balance, pain, cognition, mood, relationships, bowel, bladder, sexual function, swallowing, speech, fatigue and activities of daily living (ADL) such as dressing, eating, bathing and household chores. Good evidence exists for different specific interventions improving physical and cognitive performance. Rehabilitation should be an integral part of the management of this disease and should be available to the patient at all stages of the disease.

Biography

Khalid Anwar trained as a PM&R in UK and worked as a Lead Consultant in Neurorehabilitation at a University Hospital in UK for a number of years before joining Amana Hospital last year. He has worked in NHS in UK for more than twenty years. He was an Executive Committee Member of British Society of Rehabilitation Medicine for three years and sat on the education committee. He has a number of publications to his credit and has contributed to book chapters. His area of special interest includes traumatic brain injury rehabilitation, neurorehabilitation, spasticity management including Botulinum toxin therapy and prosthetic rehabilitation.

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