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Evaluation of the impact of cognitive disorders on the quality of life of patients with multiple sclerosis

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Leading to major cognitive and motor disorders multiple sclerosis (MS) is a socially significant disease. It affects young people in creative working age. The disability of these patients requires careful choice of treatment approaches, in order to improve their quality of life which is severely impaired. Quality of life is an extremely important indicator of medicine and healthcare management. The influence of a specific therapy and a complex healing program improves a number of lifestyle-related symptoms. Systematic observation and evaluation of patients with this disease allows us to seek opportunities for a change- improving the social status of patients, allowing them to work and to maintain daily activities. Attention is usually paid only to motor activity and capacity. Cognitive impairment leads to improved social adaptation; it reflects the emotional sphere, characterized by mood swings and the development of depressive states. The long-term course of the disease, emergence of new symptoms and the deterioration of old ones, have a very serious impact on the patient's quality of life. The significant degree of disability of MS patients in their early and active age is a great challenge for further seek and research of the causes for this disease and the development of new healing methods. The special focus on neuro-rehabilitation, both on physical and cognitive disorders, is a prerequisite for improving the correspondent functions according to the extent of their disorder. Dynamic assessment of quality of life through the use of specific methodologies could lead to the creation of active approaches for optimal treatment, recovery and support which will ensure the possible well-being of multiple sclerosis patients. These necessitates need to study and analyze the impact of rehabilitation on quality of life of patients with this disease.

Biography

Todor Krasimirov Dimitrov has completed his PhD in the Faculty of Public Health at Medical University-Sofia, Bulgaria; Bachelor's degree in Rehabilitation, second Bachelor's degree in Health care and Master's degree in Public health and Health Management. He is working as a Chief Assistant Professor in the Physiotherapy Department at the Faculty of Public Health.

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