

# Exploring the Influence of Psychological Factors on Nutritional Behaviour in Motor Neuron Disease: Perspectives from Healthcare Professionals

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## Abstract

Psychological factors can include thoughts, emotions, attitudes, and perceptions related to food and eating, this indicates that the study is interested in how these psychological factors affect the dietary choices and eating patterns of people living with MND. It's important to note that MND is a neurodegenerative disease that can impact motor functions, making it relevant to investigate how psychological factors might influence nutritional behaviour in this specific patient population. This suggests that the study is focused on identifying and comprehending the mental and emotional aspects that play a role in influencing nutritional choices and habits in individuals with MND.

**Keywords:** Motor neuron disease • Amyotrophic lateral sclerosis • Gastrostomy tube

## Introduction

This indicates that the study seeks information, perspectives, and experiences from healthcare professionals who work with individuals diagnosed with MND. These professionals may include doctors, nurses, dieticians, speech therapists, and other specialists involved in the care of MND patients. This methodological approach implies that the study likely collected qualitative data, such as interviews, surveys, or open-ended questionnaires, from healthcare professionals. Thematic analysis involves systematically identifying, analysing, and reporting patterns (themes) within the data, which helps draw meaningful conclusions and insights from the information gathered. This specifies the medical condition under investigation. Motor Neuron Disease (MND) is a group of neurological disorders that affect the motor neurons in the brain and spinal cord. These conditions can lead to muscle weakness and atrophy, affecting mobility and the ability to swallow, which can have a significant impact on an individual's nutritional status [1-3].

## Literature Review

The statement you provided describes the methodology of a scoping review conducted to gather and synthesize research articles from multiple databases concerning the supportive care needs perspective of individuals with Amyotrophic Lateral Sclerosis (ALS) or (MND) and their caregivers. Medical advantages regularly is estimated as far as QALYs, which represent both the quality and amount of life lived. The scoping review covers research articles published between January 2000 and July 2016. This period was chosen to focus on relatively recent research within the field of ALS/MND and supportive care needs. The review included articles sourced from several academic databases, including MEDLINE, EMBASE, CINAHL, and the Cochrane

database. These databases are commonly used to access peer-reviewed research articles in the medical and healthcare fields. The population sample included individuals diagnosed with ALS/MND or their caregivers. This defines the target group for the review, ensuring that the articles under consideration were relevant to this population [4].

## Patient perceptions of swallowing difficulties affecting acceptance of the gastrostomy tube

The study observed that 73% of participants opted for gastrostomy tube placement following a recommendation from a medical specialist. A gastrostomy tube is a medical device inserted into the stomach through the abdominal wall to provide nutrition and hydration when a person has difficulty swallowing or eating orally. Participants took varying lengths of time, ranging from days to weeks or even months, to consider whether they wanted to undergo the procedure. This suggests that the decision to have a gastrostomy tube inserted is not taken lightly and involves a thoughtful process. The study noted that lengthy hospital waiting times for the gastrostomy procedure were a factor. This delay in accessing the procedure may influence patients' decision-making and potentially impact their health and nutritional status. Patient perceptions of swallowing difficulties and nutrition were mentioned as factors affecting acceptance of the gastrostomy tube. However, the study suggests that these factors alone may not fully explain the decision to undergo the procedure. Participants also reported other reasons for accepting the gastrostomy tube, such as reducing the burden on caregivers, improving quality of life, gaining independence, continuing to participate in social activities, and regaining a sense of control over their lives [5,6].

## Discussion

Understanding these factors can help healthcare professionals provide more personalized and supportive care to patients facing this decision. While the Measure technique was assessed to add cost during the underlying 3 years of reception, it was assessed to bring down future expenses and further develop results because of decreased reconnaissance in generally safe patients, and early treatment in high-risk patients more than a 5-year time span. Demographic and disease-related factors contributing to uptake are described. A stepped approach was applied to gain a comprehensive understanding of why people with MND accept or decline gastrostomy. Instruments included standardized assessments, nutrition survey and semi structured interview. Data were collected at three separate appointments, spanning a 3-week period. The decision-making process regarding gastrostomy tube placement in individuals

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**Received:** 01 August, 2023, Manuscript No. Cgj-23-117050; **Editor assigned:** 03 August, 2023, Pre QC No. P-117050; **Reviewed:** 17 August, 2023, QC No. Q-117050; **Revised:** 22 August, 2023, Manuscript No. R-117050; **Published:** 29 August, 2023, DOI: 10.37421/2952-8518.2023.8.212

with ALS or a related motor neuron disease is complex and influenced by various factors, including medical recommendations, patient perceptions, disease-related variables, and broader quality-of-life considerations.

## Conclusion

The statement highlights the various dimensions of support that are needed by Amyotrophic Lateral Sclerosis (ALS) or Motor Neuron Disease (MND) patients and their caregivers. Let's break down each dimension of support. This refers to assistance with the practical aspects of daily living, such as help with mobility, transportation, household tasks, and managing the challenges associated with the disease. MND patients and their caregivers require a holistic approach to support that encompasses practical, social, informational, psychological, physical, emotional, and spiritual dimensions. Recognizing and addressing these multifaceted needs is crucial in enhancing the quality of life for those affected by MND and providing comprehensive care.

## Acknowledgement

We thank the anonymous reviewers for their constructive criticisms of the manuscript. The support from ROMA (Research Optimization and recovery in the Manufacturing industry), of the Research Council of Norway is highly appreciated by the authors.

## Conflict of Interest

The authors declare that there was no conflict of interest in the present study.

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**How to cite this article:** Zaid, Warif. "Exploring the Influence of Psychological Factors on Nutritional Behaviour in Motor Neuron Disease: Perspectives from Healthcare Professionals." *Clin Gastroenterol J* 8 (2023): 212.