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INTRODUCTION

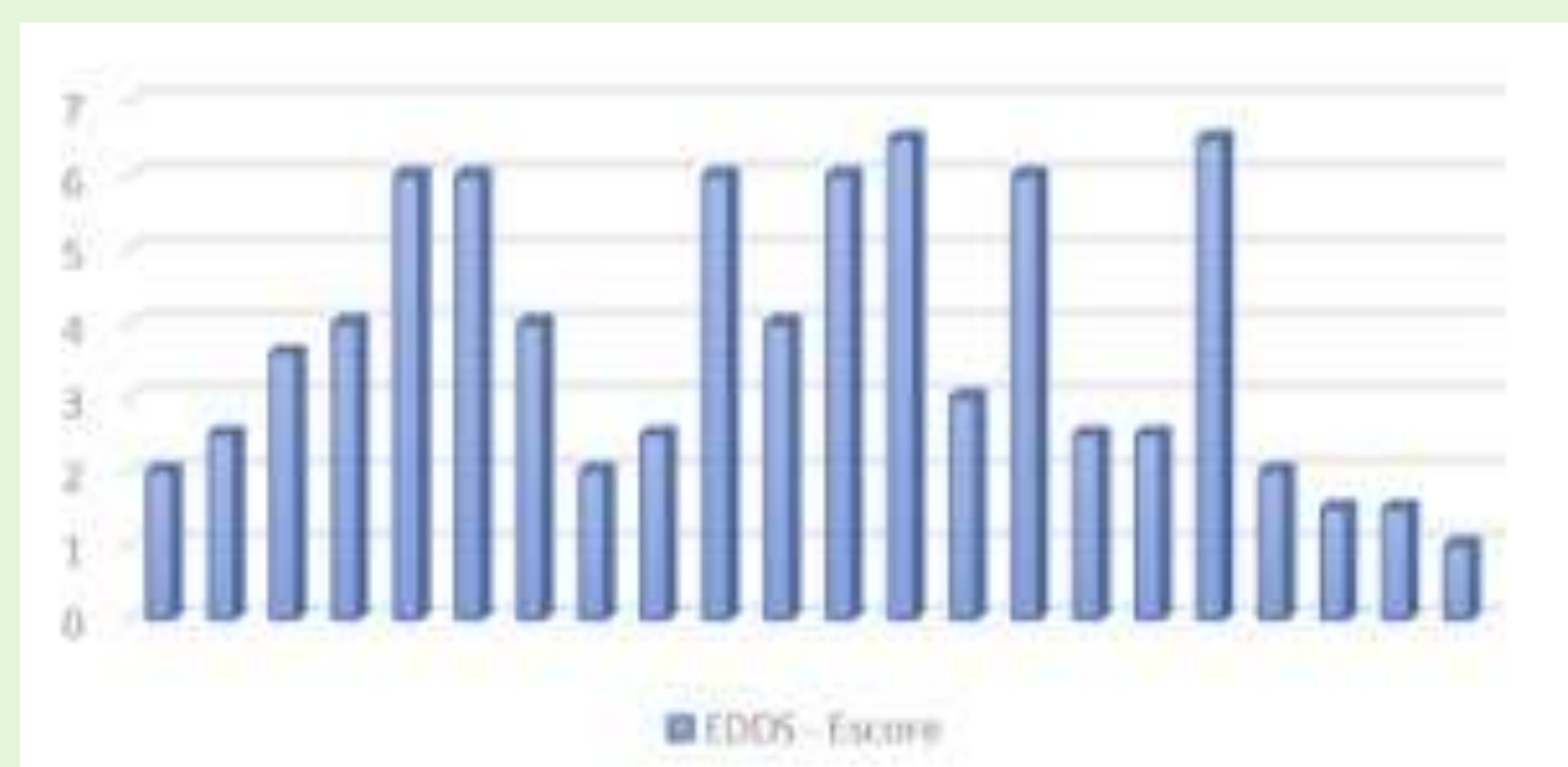
Multiple sclerosis (MS) is a chronic inflammatory demyelinating autoimmune disease of the central nervous system that can result in various damages to the neuronal systems.

OBJECTIVE

To assess the level of fatigue pre and post physiotherapy intervention in patients with multiple sclerosis undergoing a conventional physiotherapy program.

METHODS

A retrospective clinical study was carried out, through the collection of data from medical records from the Modified Fatigue Impact Scale (MFIS) and Expanded Disability Status Scale (EDSS). The MFIS scale was applied by two trained professionals, in the pre and post physiotherapy intervention, during four months totaling 16 sessions, in which the patient underwent physiotherapy at least once a week. This study was carried out at the Brazilian Multiple Sclerosis Association (ABEM). Multiple sclerosis patients were recruited in the recurrent remission form, with a score of 1.0 to 6.5 of EDSS.



Physical therapy consisted of stretching of upper limbs, lower limbs and trunk, upper limb muscle strengthening (MMSS) and lower extremity limbs (MMII), exercises to work the balance and gait, lasting 45 minutes.

RESULTS

Eleven patients were selected, of which 8 were female and 3 were male. The age ranged from 22 to 61 years, with an average of 47.95 (\pm 11.06) years. The clinical staging, evaluated through the EDSS scale ranged from 1.0 to 6.5 with a mean score of 3.81. There was a statistically significant improvement in the three domains of the scale (physical, cognitive and psychosocial) after the rehabilitation program.

| Variable | n | MIN. | MAX. | MED. | SD |
|--|----|------|--------------|--------------|-------|
| MFIS PRE INTERVENTION - COGNITIVE DOMAIN | 22 | 3,00 | 40,00 | 22,45 | 10,65 |
| MFIS PRE INTERVENTION - PHYSICAL DOMAIN | 22 | 3,00 | 39,00 | 21,27 | 10,62 |
| MFIS PRE INTERVENTION - SOCIAL DOMAIN | 22 | 0,00 | 8,00 | 4,68 | 2,01 |
| MFIS PRE INTERVENTION - TOTAL | 22 | 7,00 | 84,00 | 47,73 | 21,80 |
| MFIS POST INTERVENTION COGNITIVE DOMAIN | 22 | 2,00 | 34,00 | 14,00 | 9,22 |
| MFIS POST INTERVENTION PHYSICAL DOMAIN | 22 | 1,00 | 31,00 | 12,59 | 8,86 |
| MFIS POST INTERVENTION SOCIAL DOMAIN | 22 | 0,00 | 6,00 | 2,36 | 1,87 |
| MFIS POST INTERVENTION - TOTAL | 22 | 3,00 | 71,00 | 28,95 | 19,51 |

CONCLUSION

We observed a significant improvement in the fatigue of all patients after the rehabilitation program. We suggest that new studies with this theme and with a larger group of individuals be done to verify possible statistically more relevant changes.

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