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Assessment Quality of Life in Multiple Sclerosis Iraqi Patients and its Relation to Patients Factors

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Background: Multiple sclerosis (MS) is the most widespread disabling neurological condition of young adults. Patient's Quality of life (QoL) is largely affected by MS, yet few studies have focused on finding relationships between MS patient's factor with QoL .

Objective(s): The aim is to assess the Patient's QoL and the relation between patient's factors (age , sex, marital status, occupation ,date of diagnosis) and specific QoL impacts.

Method(s): This is a cross-sectional study conducted at an outpatient clinic of Baghdad Teaching Hospital .100 Iraqi patient already diagnosed with MS were enrolled. Demographic information and MS Quality of Life Inventory (MSQLI) questionnaire items which include Pain Effect Scale (PES), Modified Fatigue Impact Scale (MFIS), Bowel Control Scale (BCS) and Bladder Control Scale (BLCS) were collected. Data were analysed by one_ way ANOVA. Each variable was analysed with the four QoL scales .P value of less than 0.05 was considered statistically significant.

Result(s): One hundred patients (22 males and 78 females) with a mean age of 36 years SD(+/-12.3), mean disease duration of 6 years SD(+/-4.9), mean PES(61.5) SD(+/-25.8), mean MFIS(52.9) SD(+/-28.5), mean BCS(20.3) SD(+/-28.3), mean BLCS(24) SD(+/-33.5). Age was significantly associated with all scales ($P < 0.05$) while disease duration was only statistically significant with BCS ($p = 0.03$). Marital status was statistically significant with MFIS ($p = 0.03$) and BCS (0.01). Occupation was only significant with bladder ($p = 0.03$). There was no association between gender and QoL scales.

Conclusion: Age only affects all the QoL scales whereas sex has no effect. Disease duration affects BCS. Marital status affects MFIS and BCS. Occupation affects BLCS.