

IS HOME MOBILITY ESSENTIAL IN PERSONS WITH MOTOR NEURON DISEASE?

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Introduction: Mobility ranks first among the major concerns in persons with MND (Hicks et al 1993, O'Brien et al 1992). Recommendations for care of ALS patients by neither AAN in 1999 & 2009 nor EFNS in 2012 do not adequately address the issue of mobility and studies concerning home mobility are rare especially in developing countries.

Objectives:

- 1) Identify problems affecting home mobility
- 2) Whether home mobility improves quality of life

Methodology: Prospective, Interventional study conducted from Dec 2012 to June 2013. All persons suspected to have MND presenting to Neurology, were admitted and assessed. Persons with possible MND were excluded. They were followed up once monthly by a home care team. Problems affecting mobility at home were identified and suggestions given. Quality of Life was assessed by McGill QOL Questionnaire at baseline and after suggestions for mobility at 3 months.

Results: 12 persons were admitted suspecting MND, in which 7(2-females) were included (5 – ALS & 2-PLS). All of them had mobility problems at admission (3- could walk with support and 4 were bedridden). Important hindrances for mobility identified at home were lack of awareness regarding rehabilitation, accessibility of rehabilitation, financial constraints and non-disable friendly home environment. After interventions for mobility were implemented there was reduction in QOL scale by 20-30% though there was disease progression.

Conclusion: Improvement in home-mobility improves quality of life in persons with MND. Home-care by a multidisciplinary team could prove beneficial for persons with MND in a populous developing country.