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Poster Presentation

A Review of the Effect of Self-Care on the Quality of Life of Patients with Multiple Sclerosis

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Abstract

Multiple Sclerosis (MS) is a chronic non- traumatic neurotic inflammatory disease that affects the quality of life and has physical, psychological, social, and social impairment. MS affects all economic, social and emotional aspects of the individuals, families and society, thus only medication therapy and control of the course of these patients are not enough. Self- care is taken to increase awareness and assistance to patients to achieve individual autonomy and facilitate their adaptation to the problem of improving quality of life. The present study aimed to determine the impact of self- care on the quality of life of patients with MS. Symptoms of MS include sensory, hearing, visual, speech, psychological, sexual function disorders, and abnormal, and impairment of quality of life. The data from the current s tudy, including the MAGIRAN, SID, and Google Scholar datacenters, were collected from the database, and the related queues were subtracted from the study. The findings show that between self-care education such as improving physical activity, increasing self-efficacy, rehabilitation, exercise, psychotherapy, and interactions Behavioral relationships have a reciprocal relationship with the increase in quality of life. The lowest level of quality of life has been related to the emotional well being. Individual differences, differences in education, the type of education provided, and follow-up of patients have contributed to the increase in quality of life. With regard to the outbreak of MS, the strengthening of educational and support associations, specialist self-care education techniques, and encouraging patients to undertake self-care activities in order to promote health and reduce the cost of treatment can be a step towards the quality of life of patients with MS.

Keywords: Multiple Sclerosis, Self-Care, Quality of Life

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