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## Poster Presentation

# Assesse the Health Literacy in Multiple Sclerosis Patients

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## *Abstract*

Health literacy is one of the major determinants of health and is one of the important factors in chronic diseases such as Multiple sclerosis (MS) is an inflammatory disease in which the myelin sheaths of the neural cells are damaged in the brain and spinal cord. The aim of this study was to evaluate the Health Literacy Association with Health Behaviors and Health Care Utilization. This study was a cross-sectional study in which 100 patients with multiple sclerosis disease. Selected by the convenience sampling in Qazvin hospital. Respondents completed the Rapid Estimate of Adult Literacy in Medicine, revised (REALM-R) and the Newest Vital Sign (NVS) instrument. For statistical analysis We used logis tic and ordinal regression and kruskal-wallis and mann-witney and 2 test. Mean age of the subjects was 33/43±8/53 years. On the NVS, 63% of respondents had a high likelihood of inadequate literacy and 26% had borderline health literacy and 11% had adequate health literacy. On the Realm-r, 7% had inadequate literacy and 93% had adequate health literacy, Using logistic regression the frequency of alcohol consumption and using cigarret (p<0/05) and level of education (p-value=0/045) were associated with higher odds of having inadequately health literacy as assessed by the Realm-r. There was a significant correlation between Realm-r health literacy (p value=0/007) and NVS (p-value=0/005) with visits to the emergency room (ER), and hospitalizations in the last 6 months. Based on the results of the current study it is necessary to pay more attention to the health literacy level of the affected people and promote it in health programs and health promotion.

***Keywords:*** Health Literacy, Multiple Sclerosis, MS Patients

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