

BACHELOR THESIS ABSTRACT

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Title: The Independence in Persons with Multiple Sclerosis from the Perspective of the Occupational Therapist

Abstract:

The bachelor thesis is focused on the independence in persons with multiple sclerosis (MS) from the perspective of the occupational therapist. Multiple sclerosis is a chronic autoimmune demyelinating disease. The progress and symptoms of the disease are variable and specific to each patient, who may be impaired in his/her ability to perform activities of daily living (ADL). The aim of the thesis is to map problematic areas in ADL in persons with MS. The thesis consists of a theoretical part and a practical part. The theoretical part describes MS, pathogenesis, forms, symptoms, and treatment options. The theoretical part characterizes independence in ADL, evaluation of independence, independence in persons with MS, care for these persons, and compensation strategies. In the practical part, questionnaires distributed among patients were evaluated. The obtained data were compared on the basis of demographic data of patients. Case reports of three patients with MS were processed to illustrate the specific problems in ADL, using the Canadian Occupational Performance Measure and the Fatigue Severity Scale. Results of questionnaires show that the most problematic activities for patients with MS are shopping, housekeeping, food preparation, laundry, bladder and bowel continence, walking, transfers, and dressing. The questionnaires showed that independence in patients is affected by age, gender, level of disability, and type of MS. The living situation has no significant effect on independence. A proposal of suitable compensation strategies for the identified problem areas in ADL was created, based on the results of questionnaires, with inspiration from the literature.

Keywords: multiple sclerosis, occupational therapy, independence, activities of daily living