

Psychosocial Nursing Intervention for Improving Quality of Life of patient with Multiple Sclerosis

Thesis

*Submitted for Partial Fulfillment of the Requirement of doctorate
Degree in Nursing Science (Psychiatric/Mental Health Nursing)*

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2015

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

﴿ فَتَعَالَى اللَّهُ الْمَلِكُ الْحَقُّ ۚ
وَلَا تَعْجَلْ بِالْقُرْآنِ مِنْ قَبْلِ أَنْ
يُقْضَىٰ إِلَيْكَ وَحْيُهُ ۚ وَقُلْ رَبِّ
زِدْنِي عِلْمًا ۖ ﴾

مودة طه آية (114)

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The Candidate

Dedication

*This work is dedicated to the most important
persons in my life.....*

*To The Soul of My Father, to My Mother,
My Husband, My Daughters and All My
Family Members For Their Warmest Love,
Support, Encouragement, Patience, and
Understanding Which Made This Study
Come to Light.*

Thank you a lot

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List of abbreviations

ADLs:	Activities of Daily Living
CIS:	Clinically Isolated Syndromes
CNS:	Central Nervous System
DMTs:	Disease-Modifying Treatments
FDA:	Food and Drug Administration
GU:	Genitourinary
HRQOL:	Health Related Quality Of Life
LMHN:	Liaison Mental Health Nurse
MRI:	Magnetic Resonance Imaging
MS:	Multiple Sclerosis
MSQOL-54	Multiple Sclerosis Quality of Life-54
OTC:	Over The Counter medications
PPMS:	Primary Progressive Multiple Sclerosis
PRMS:	Progressive-Relapsing Multiple Sclerosis
PST:	Problem-Solving Therapy

List of abbreviations cont.

QOL:	Quality Of Life
RRMS:	Relapsing-Relmitting Multiple Sclerosis
SO:	Significant Other(S)
SPMS:	Secondary Progressive Multiple Sclerosis
UTI:	Urinary Tract Infection
WHO:	World Health Organization

ABSTRACT

Multiple sclerosis (MS) is the most common chronic, non-traumatic neurological disorder afflicting young people during their peak productive ages. This study was aiming to assess the effect of psychosocial nursing intervention on quality of life of patient with multiple sclerosis. It was conducted on 50 cases with MS in El-Demerdash day care unit. Data were collected using: 1) Interviewing questionnaire containing the following parts A) Socio-demographic sheet. B) History of illness, C) Patient's knowledge regarding multiple sclerosis. 2) Multiple Sclerosis Quality of Life (MSQOL-54) instrument. The result of this study showed that, there are highly statistically significant differences found between pre- and post-intervention regarding knowledge about disease of patient with multiple sclerosis ($P = .000$). Additionally, there are highly statistically significant difference found between pre- and post- intervention regarding physical health composite and mental health composite of patient with multiple sclerosis ($P = .000$) respectively. As well as, there is a highly statistically significant difference found between pre-and post-intervention regarding total overall quality of life of patient with multiple sclerosis, ($P = .002$). Results concluded that the implementation of psychosocial nursing intervention has a positive effect on quality of life of patient with multiple sclerosis. Based on the results, it is recommended to incorporate non-drug therapy (psychosocial intervention) along with pharmacological therapies in MS management to improve quality of life of patients with MS.

Key words

Multiple sclerosis – Quality of life- Psychosocial nursing intervention
