

Patients' Quality of Life and Caregivers' Burden of Parkinson's Disease

Authors : Kingston Rajiah, Mari Kannan Maharajan, Si Jen Yeen, Sara Lew

Abstract : Parkinson's disease (PD) is a progressive neurodegenerative disorder with evolving layers of complexity. Both motor and non-motor symptoms of PD may affect patients' quality of life (QoL). Life expectancy for an individual with Parkinson's disease depends on the level of care the individual has access to, can have a direct impact on length of life. Therefore, improvement of the QoL is a significant part of therapeutic plans. Patients with PD, especially those who are in advanced stages, are in great need of assistance, mostly from their family members or caregivers in terms of medical, emotional, and social support. The role of a caregiver becomes increasingly important with the progression of PD, the severity of motor impairment and increasing age of the patient. The nature and symptoms associated with PD can place significant stresses on the caregivers' burden. As the prevalence of PD is estimated to more than double by 2030, it is important to recognize and alleviate the burden experienced by caregivers. This study focused on the impact of the clinical features on the QoL of PD patients, and of their caregivers. This study included PD patients along with their caregivers and was undertaken at the Malaysian Parkinson's Disease Association from June 2016 to November 2016. Clinical features of PD patients were assessed using the Movement Disorder Society revised Unified Parkinson Disease Rating Scale (MDS-UPDRS); the Hoehn and Yahr Staging of Parkinson's Disease were used to assess the severity and Parkinson's disease activities of daily living scale were used to assess the disability of Parkinson's disease patients. QoL of PD patients was measured using the Parkinson's Disease Questionnaire-39 (PDQ-39). The revised version of the Zarit Burden Interview assessed caregiver burden. At least one of the clinical features affected PD patients' QoL, and at least one of the QoL domains affected the caregivers' burden. Clinical features 'Saliva and Drooling', and 'Dyskinesia' explained 29% of variance in QoL of PD patients. The QoL domains 'stigma', along with 'emotional wellbeing' explained 48.6% of variance in caregivers' burden. Clinical features such as saliva, drooling and dyskinesia affected the QoL of PD patients. The PD patients' QoL domains such as 'stigma' and 'emotional well-being' influenced their caregivers' burden.

Keywords : carers, quality of life, clinical features, Malaysia

Conference Title : ICPPS 2018 : International Conference on Pharmacy and Pharmaceutical Sciences

Conference Location : London, United Kingdom

Conference Dates : February 15-16, 2018