

Factors influencing the activities of daily living among patients with parkinson's disease attending Movement Disorder Clinic at Teaching Hospital, Jaffna

Amirthalingam T¹, Kesavaraj A² Jegapragash V¹

¹*Department of Nursing, Faculty of Allied Health Sciences, University of Jaffna.*

²*Teaching Hospital Jaffna,*

Introduction Parkinson's disease (PD) is a chronic progressive neurodegenerative disorder characterized by the presence of predominantly motor symptoms. As the disease progresses, the increasing motor disability affects the activities of daily living (ADLs). Assessing the ADLs level and influencing factors on ADLs are important to reduce the disability and further complication due to PD.

Objective To assess the ADLs and influence of socio demographic and life style factors on it among patients with PD attending movement disorder clinic at Teaching hospital Jaffna.

Methodology A descriptive cross-sectional hospital-based study was conducted among 217 patients with PD. An Interviewer administered questionnaire was used to collect the data. Unified Parkinson's Disease Rating Scale (UPDRS) - section ii was used to assess the ADLs. Data analysis was done using SPSS 22 and chi square test was performed to find out the association. Ethical approval was obtained from Ethical Review Committee, Faculty of Medicine, University of Jaffna.

Results Majority of the participants were males (81.1%) of 61-70 years of age (76.5%). A larger number of participants (58.5%) were not involved in any kind of physical activities. More than half of the participants (54.4%) had moderate disability of ADLs. Participant's age, marital status, living with whom, monthly income, involved in exercise and current occupation had statistically significant association with ADLs ($p < 0.05$). Further, the total duration of their clinic follow-up, educational level and family history of PD were also found to have association ($p < 0.05$) with ADLs.

Conclusion This study revealed that majority of the participants had moderate disability in ADLs. Therefore, more attention should be paid to provide interventions or care, to improve the ADLs of patients with PD. If ADLs problems are not taken seriously, these problems could lead to additional costs for health care.