

Quality of life in Saudi patients with Multiple Sclerosis: Relationship to fatigue

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Abstract

Background: Multiple sclerosis reveals itself in the clinical image by a range of symptoms such as fatigue which restraining patients' functional status, capacity, and productivity to live well and affecting health related quality of life (HRQoL).

Aim: This study aims to understand and determine the quality of life in relationship to fatigue among patients with Multiple Sclerosis (MS) in Saudi Arabia.

Methods: Data were collected from patients from 3 different cities who are diagnosed with multiple sclerosis (MS) as affirmed by medical records from out-patient clinics in Saudi Arabia. Fatigue Severity Scale (FSS) and The SF-36 Health Survey were used.

Results: The sample consisted of 201 patients diagnosed with MS. Of those 71 (35.3%) are males and 130 (64.7%) are females. Fatigue Severity Scale total scores was (Mean= 5.59; SD= 1.18). The highest mean score was item 7 "Fatigue interferes with carrying out certain duties and responsibilities". The mean score for the total QoL mean score was 43.69 (SD= 25.97). Physical functioning quality of life subscale was found to be the best functioning domain with the mean 65.69, and energy/fatigue quality of life subscale was seen to be the poorest functioning subscale.

Conclusion: The findings of the present study are congruent to previous researches that equate MS and its symptoms, mainly fatigue, to a lower quality of life of those who are afflicted with the disease. Health care providers should screen for fatigue among patients with MS in order to improve the quality of life.



Biography

Ekhlas Al Gamal, Professor of Psychiatric and Mental Health Nursing at College of Nursing King Saud bin Abd Al Aziz University for Health Sciences. Her research interest is patients experiences of living with chronic illness. Recently won an International Award of outstanding researcher in Psychiatric and Mental Health Nursing.

Publications

1. Maternal bereavement: Mothers lived experience of losing a newborn infant in Jordan
2. Testing the hospital anxiety and depression scale in Arabic patients with chronic obstructive pulmonary disease
3. Health satisfaction and family impact of parents of children with cancer
4. Prolonged Grief Disorder and Its Relationship With Perceived Social Support and Depression Among University Students
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