



WEB OF SCIENCE

THE IMPORTANCE OF A MULTIDISCIPLINARY APPROACH TO IMPROVE THE LIFE QUALITY FOR PATIENTS WITH PARKINSON'S DISEASE

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Abstract

Introduction. Parkinson's disease is defined as a complex degenerative neurological disease with progressive evolution, which is part of the motor system of the brain disorders, being the second degenerative disease as a frequency after Alzheimer's disease. It is characterized by tremor when muscles are at rest (rest tremor), increased muscle tone (stiffness), slow voluntary movements and, difficulty maintaining balance (postural instability).

Occupational therapy helps Parkinson's patients improve their ability to perform daily tasks. The intervention consists of assisting patients in developing a self-care routine, taking into account the limitations of functional mobility, encouraging patients to maintain the maximum function of daily activities for as long as possible, learning adaptive techniques to reduce tremors.

Material and methods. Starting from these premises, we thought and made in our occupational therapy laboratory various devices designed to offer patients a variety of techniques and exercises and also a flexible work environment. On a pallet plate, we fixed a series of elements such as zippers, snap buttons, hook-and-eye closure, systems that patients use regularly. We also manufactured a device designed to help patients with household chores such as dishwashing. The device is provided at one end with a washing sponge, its handle being a detergent tank. The size and shape have been adapted to the needs of patients with Parkinson's disease.

Results. The devices used for this purpose are commercially available but they are quite expensive, which is why we wanted to make devices made of material as cheap and affordable as possible. Some of the devices can be successfully made of material that every person has in their home. We also took into account the variant of making them without the need to use complicated tools and devices that are not available to patients.

Conclusions. Using the devices made during the physiotherapy sessions, significant improvements in the life quality for patients with Parkinson's disease were observed.

Keywords: *Parkinson's disease, occupational therapy, devices, ADL*