

The Impact of Non-Motor Symptoms on the Quality of Life of Parkinson's disease patients

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Background : Parkinson's disease (PD) is a neurodegenerative disease characterized by traditional motor features. However, non-motor symptoms (NMSs), which inevitably emerge through the disease progression, are common amongst and are often under-recognized and untargeted. The aim of this study is to investigate the impact of non-motor symptoms on quality of life in patient with Parkinson's disease. Materials and methods: Eighty-seven PD patients were prospectively recruited between 2017 and 2020. Multiple methods were used to evaluate the direct impact of non-motor symptoms (as assessed by the Non-Motor Symptoms Scale [NMSS]) on PD patients health-related quality of life (HRQoL) rated by the Arabic version of PDQ-39, taking into consideration the other parameters, in particular age, sex, mood (Beck Depression Inventory), disability (Schwab&England Activities of Daily Living Scale), and PD-specific motor dysfunction (ON-state Hoehn&Yahr/Unified Parkinson's Disease Rating Scale [UPDRS] part III, and motor complications [UPDRS part IV]). Results: In 87 study population, 62 were males and 25 females. The mean age was 68.35 years and median onset of duration of PD was 3.24 with 77.01% on treatment. Fatigue (81.6%) and mood/cognitive disturbances (78,16%) were the most frequently and severely affected NMSS domains. Other common NMSs included urinary (72.41%), memory/attention (70.11%), gastrointestinal (67.81%), and cardiovascular problems (59.77%). The total NMSS scores were positively correlated with UPDRS I, II, and III scores. Depression was prevalent in 78.16% of PD patients. Moreover, all enrolled PD patients reported impairment in different HRQoL dimensions, especially mobility (97.70%), activities of daily living (95.40%), and emotional well-being (93.10%). The summary index of PDQ-39 was correlated to the total NMSS, UPDRS-I, UPDRS-II Off, UPDRS-III (Off and On states), and BDI scores. Conclusion: Though motor symptoms define the disease, NMS have a larger impact on HRQoL in PD and on caregiver's life. Understanding the pattern and effect of NMS is needed for targeted treatment strategies.

Potential conflict of interest: None.

Biography

F.AZIOUAZ has completed his Medical study at the age of 25 years from Faculty of medicine of Oujda, and then she became neurologist after 4 years of residency at the neurology departement of Mohammed VI University Hospital of Oujda. She is a second year Masters student in neurobiology at the University of Alexandria. She has published more than 20 papers in reputed journals and has been serving as an reviewer of repute journal.

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