Clinical impacts of group cognitive remediation on day-to-day functioning in multiple sclerosis patients

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Keywords: Multiple sclerosis; Cognitive rehabilitation

Cognitive disorders in multiple sclerosis (MS) are now well established and make this population more vulnerable in many areas. Nevertheless, the management of these patients remains poorly developed [1]. To address the difficulties faced by some MS patients who complain about cognitive disorders, we created a group remediation programme (“groupe Cognition SEP”) whose main goals are as follows: to support patients towards a better awareness of cognitive changes, to identify challenging situations in their daily lives and to help them address those situations. So our remediation approach is based on facilitation techniques.

Each group consists of no more than 4 to 6 participants. Patients are included in the programme after a neuropsychological assessment. The programme is made up of 10 sessions (one session of 1h15 per week). Questionnaires are administered during the first and the last session. The running of all other sessions is similar: a cognitive function or a particular process (long-term memory, attention functions, executive functions, social cognition) is introduced, exercises linked to this function or process are suggested, a discussion is initiated.

The objective of our programme is to measure, in 16 participants, the impact of the “cognition SEP” remediation programme on two main aspects: quality of life and cognitive complaint. We proposed three questionnaires: SEP-59, MNSQ and a questionnaire assessing participant’s level of satisfaction and the perceived impact on their functioning. At the beginning and at the end of the programme, these questionnaires are filled by the patients and by a close relation for some of the questionnaires.

Data analysis suggests that the “cognition SEP” programme has an impact on our MS patient’s level of functioning in their daily lives, which shows that this kind of management is interesting at a clinical practice level.

Reference

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Swallowing disorders evaluation in multiple sclerosis

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Introduction.– Swallowing disorders are often not evaluated in multiple sclerosis while their prevalence is estimated between 24% to 43% depending on the study and the population.

The aim of our study was to determine the prevalence of different symptoms of swallowing disorders, the relationship between these symptoms, and the link between choking and clinical criteria for multiple sclerosis.

Methods.– This is a retrospective study of prospectively collected data, taking exams orthophonic of MS patients and followed between 2010 and 2012. All clinical criteria for the disease have been identified as presenting symptoms and test results swallowing. Chi² tests or Fisher were used according to the numbers.

Results.– Forty-six patients (age 49.8 ± 11.68, 74% women) were included. The median level of disability measured by the EDSS was 6.5 (min: 2, max: 8), secondary progressive form was the most represented (65.2%) with a mean duration of evolution of the disease.

Patients would be correlated to the factors limiting to the EDSS or to the duration of evolution of the malady.

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