

Interventions to increase the quality of life in amyotrophic lateral sclerosis patients.

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Introduction


Amyotrophic lateral sclerosis (ALS), a progressive neurological disorder affecting voluntary muscles (1).

motor autonomy loss speech impairments respiratory failure

10-12/100 000 in Europe  > Risk at 45-75 years (2)

There is no cure for ALS

Pharmacological treatments:  limited relief + adverse effects (2)
Riluzole and Edavarone

 Multidisciplinary team is key to enhance the patient's quality of life (QoL) addressing symptoms and promoting independence (3).

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Objective

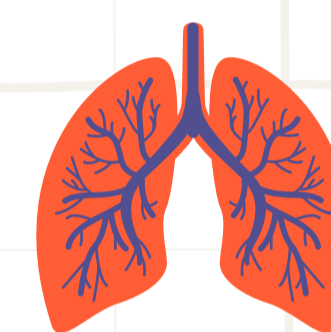
The purpose of this review is to identify interventions to increase quality of life in amyotrophic lateral sclerosis patients

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Results

Respiratory care

NIV



- **Challenges:** 30% of ALS patients struggle with NIV initiation due to anxiety. Early introduction is crucial for informed decisions (5).
- **Enhancing implementation:** Intermittent NIV with home support improves adherence and QoL (6).
- **Daily Assessment:** Regular monitoring detects respiratory issues early. Vital capacity, diaphragmatic weakness, and oximetry are key (7).
- **Multidisciplinary team:** Healthcare teams manage ventilation and ensure NIV effectiveness. Coordination is vital for ALS care (7).

Communication

- 80-95% of ALS patients struggle with communication (5).
- **Interventions:** Transition from verbal to written communication and to text-based input methods. Early introduction of Assistive Communication Devices (ACDs) and Augmentative and Alternative Communication (AAC) enhances autonomy and QoL in later stages (4, 7, 8)

Mental health

- ALS affects patients emotionally, leading to fatigue, anxiety, and depression.
- **Interventions:** Music therapy, cognitive behavioral therapy, occupational therapy, mindfulness, and meditation alleviate emotional symptoms (7, 9, 10, 11, 12)


Physical functional interventions

- **Interventions:** Physical therapy, including aerobic and resistance exercises, reduces fatigue and enhances independence. Moderate-intensity programs improve flexibility, muscle function, and sleep quality effectively (4, 5, 13)


As a result: alleviate muscle pain, distress in various body regions, and preserve muscle activity. Customized devices and rehabilitation efforts maximize functional independence, enhancing overall QoL (7)

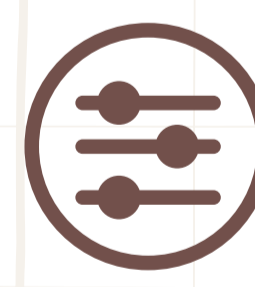
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Methodology

 In patients diagnosed with Amyotrophic Lateral Sclerosis (ALS), what are the most effective interventions to improve quality of life?

| MesH | amyotrophic lateral sclerosis | | quality of life |
|------------|-------------------------------|-------------------------------|---------------------------------|
| All fields | als lou gehrig s disease | interventions nursing care | life satisfaction well being |

 PubMed
Cinahl
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 Spanish or english
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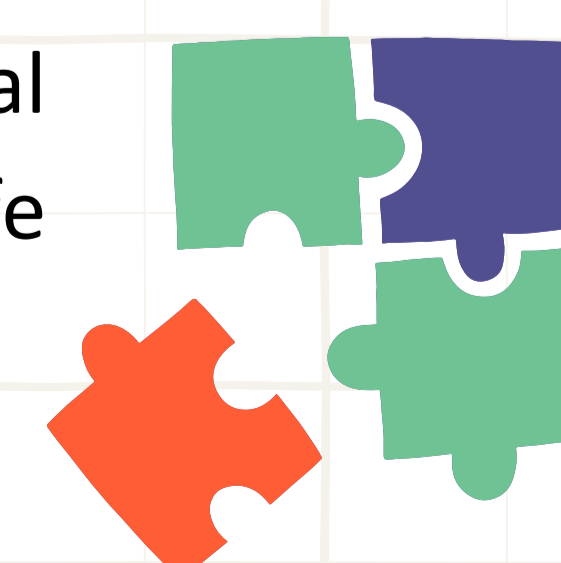
 176 articles  22 articles  11 selected articles

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Conclusion

Interventions targeting respiratory care, communication therapy, mental health, and physical independence have significant positive outcomes concerning the disease evolution and the quality of life of the patient.

- Further research in this area, particularly focusing on the role of nurses in the care of ALS patients
- Education and training. Incorporating ALS education into university programs and specialized training in areas
- There is a recognized gap in practical knowledge. Continuously seek out and implement new effective strategies for care delivery.



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Bibliography

