Quality of Life in people with polio and post-polio syndrome in the United Kingdom.

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Outline

- Critique and Discussion of Current Evidence
Research in this area has tended to focus upon the impact of PPS on health status and functional health rather than its effect on quality of life.

- Published research studies on health and PPS have some similarities and differences, which may reflect the culture and value system in which these people live.
QOL

- No specific definition used within Polio and PPS studies

- How should it be measured? – Our research shows that it is Very Important to evaluate quality of life from the client’s perspective irrespective of their condition or disability
Stating the problem

- Currently, 120 000 polio survivors in UK (40 – 80% with PPS)

- Many health professionals are not familiar with PPS

- No identified studies to explore the impact of Polio and PPS on Quality of Life in the UK.
Methods

- Secondary analysis of existing data from a cross-sectional survey conducted in 2007 by the British Polio Fellowship
- 2 questions of the original questionnaire (39 items) were further analysed

How has your health affected your QoL (N=327)

If you could change just one thing to improve your QoL, what would it be? (N=266)
Data Analysis

Conceptual analysis (Carley et al)
International Classification of Functioning Coding descriptors were used.
Findings: How has your health affected your quality of life?

50% reported that health factors impacted upon QoL - words such as ‘complete disaster’ ‘restricted’ used.

- 30% reported that mobility problems impacted upon QoL = impacted upon functional tasks
- 8% = Energy and fatigue barrier in meaningful activities
Findings: How has your health affected your quality of life?

- 13% Health had impacted upon employment
- 6% adopted own coping strategies to ensure did not impact upon QoL
- 6% Health had effect on relationship with family
- 10% Health affected social life
- 22% Wanted to be able to participate in social or leisure activity ‘I cannot do many activities I would like to enjoy my life.’
- 13% perceived that health professional needed better understanding of PPS
RESULTS: What would improve my QOL

- 8% Mobility
- 37% Improve physical health
- 13% Eliminating or Managing Pain
- 7% Better Financial Situation
- 8% Home modifications
Important Findings

Relationship between physical health and QoL
Impact of mobility of activities of daily living
Management of Pain, fatigue
Finances
Participation in Leisure and Social Activities
Implications for Practice

Priorities for Health Care Professionals

Future Research
THANK YOU!!!

For further information, please email:

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