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Quality of Life in Chronic Disorders: A Review



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ABSTRACT

Living with a chronic disease that affects the physical, emotional, and social dimensions of patients' life, it has been highlighted in the articles. The articles also discuss the importance of approaches to enhance the patient's well-being and describe the quality of life as important in chronic disease management. Parkinson's disease is a neurodegenerative condition of the brain associated with motor symptoms (slow movement, tremor, rigidity, and walking imbalance) and a wide variety of non-motor complications (cognitive impairment mental health disorders, pain, and other sensory disturbances. Motor impairments include involuntary movements and painful involuntary muscle contraction contribute to limitation in speech, and mobility and thus are restricted in many areas of their life. According to the latest data from the World Parkinson Foundation over 5 million people suffer from Parkinson's worldwide.



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INTRODUCTION

The World Health Organization (WHO) defines quality of life (QoL) as, "An individual's perception of their position in life in the context of the culture in which they live and their goals, expectations, standards, and concerns." Health-Related Quality of Life (HRQoL) is a multidimensional concept that incorporates domains related to physical, mental, emotional, and social functioning, apart from the direct measures of health.

Living with a chronic disease that affects the physical, emotional, and social dimensions of patients' life, it has been highlighted in the articles. The articles also discuss the importance of approaches to enhance the patient's well-being and describe the quality of life as important in chronic disease management.

QUALITY OF LIFE IN PARKINSON'S DISEASE

Parkinson's disease is a neurodegenerative condition of the brain associated with motor symptoms (slow movement, tremor, rigidity, and walking imbalance) and a wide variety of non-motor complications (cognitive impairment mental health disorders, pain, and other sensory disturbances). Motor impairments include involuntary movements and painful involuntary muscle contraction contribute to limitation in speech, and mobility and thus are restricted in many areas of their life. According to the latest data from the World Parkinson Foundation over 5 million people suffer from Parkinson's worldwide.

Parkinson's disease (PD) patients receiving care at a major academic institution in the US, researchers have found that depression and motor symptoms contribute more to Quality of life than severe motor symptoms. The study also found that people with Parkinson's had lower quality of life due to lack of physical activity. However, there was no difference between the severity of depression and the severity of motor symptoms. Further, it has been suggested that both conditions may be associated with reduced quality of life. Parkinson's disease patients, who have been diagnosed with Parkinson's disease (PD), are found to have a lower quality of life (QoL) than those with other chronic diseases. The study also found that depression was associated with higher levels of anxiety and increased risk of falls among people with Parkinson's disease. Patients with Parkinson's disease were found to be more likely to report poorer mental health than those without PD, the study added. Notably, PD affects over 5 lakh people worldwide. However, it is rare in India. Parkinson's disease Questainare-39 subdomains were found to be significantly associated with poor quality of life

in patients with Parkinson's disease. The study also found that the severity of depressive symptoms and motor symptoms was more important than physical disability. However, there is no evidence that these factors are causally related to Quality of Life. Further, it has been suggested that people who have access to high-quality healthcare may not benefit as much from it. Parkinson's disease (PD) patients were asked to complete a questionnaire on the quality of life, according to a study. The questionnaire was used to assess the severity of the disease and the number of medications prescribed for PD. The questionnaire was administered to patients at various stages of the disease with different levels of severity. Patients were asked to complete the questionnaire within six weeks. The questionnaire was then analyzed by a medical expert.

Parkinson's disease (PD) patients, who had a higher number of severe motor symptoms, were found to have a lower quality of life than those with less severe symptoms. The study was conducted in collaboration with the National Parkinson's Disease Foundation and showed that ADL is associated with better quality of life for people with Parkinson's. However, it did not show any significant difference between these two measures. Further, the researchers noted that both measures could be used together to improve quality of life.

QUALITY OF LIFE IN BREAST CANCER

Breast cancer is a disease in which abnormal breast cells grow out of control and form tumors. Breast cancer is the second most common in women after skin cancer. If left unchecked, the tumor can spread throughout the body and become fatal. Breast cancer cells begin inside the milk ducts or the milk-producing lobules of the breast.

Breast cancer-related lymphedema (BCRL) in the upper limb was reviewed. The results showed that patients with Breast Cancer Related Lymphedema had significantly improved their Health-related quality of life as compared to those who did not undergo treatment. However, there were no clinical trials conducted on this condition. Further, it has been suggested that chemotherapy may be used instead of surgery. Cancer survivors, a study has found that emotional intelligence (EI) is more important than physical strength. The study also found that EI was associated with higher mortality rates in patients with advanced cancers. However, the study did not find that EI could be used as a diagnostic tool to diagnose and treat disease. It further stated that EI can help people cope better with chronic illness. For cancer survivors' emotional well-being, a systematic review has found that the

concept of "emotional management" should be extended to other aspects of health care. The review also noted that it is important to understand how people experience emotions and whether they are positive or negative. It further stated that such an approach could help improve the quality of life for patients with cancer. Further, researchers have suggested that the concept should be expanded to include more topics. Quality of life (QoL), studies have found that self-compassion can help patients cope with negative emotions, such as depression and anxiety. The study also found that coping skills could be used to improve mental health in people with cancer. Further, the study revealed that emotional intelligence is associated with better physical health than cognitive abilities. However, it did not find evidence of any positive effects on Quality of life. The study concludes that can can influence the quality of life of the patients, in various sectors including emotional and physical well-being. It will lead to influence the mental health co associated with anxiety and depression. Breast cancer patients as a financial burden for their treatment, medical expenses and potential loss of their income due to lack of job and affects patients' quality of life. Supportive care, psychological support and pain management can improve the quality of life in breast cancer patients.

QUALITY OF LIFE IN HIV PATIENTS

Human immunodeficiency virus (HIV) is an infection that attacks the body's immune system, specifically the white blood cells called CD4 cells, weakening a person's immunity against opportunistic infection and some cancer.

HIV-Positive countries, a study has found that socio-cultural factors play a significant role in the Quality of Life of people living with HIV. The study also found that HIV/AIDS is more prevalent in developing countries than in developed ones. It further noted that HIV prevalence rates were higher in countries with lower literacy rates. However, there was no evidence of any impact on the quality of life for those living with HIV. HIV/AIDS treatment, the National Institute of Health Statistics (NIH) has found that people living with HIV have a lower quality of life than those who are treated with HIV. The study also found that HIV patients had higher mortality rates due to complications like cancer and diabetes. It further stated that HIV is more prevalent in women than men. However, it was not clear whether HIV causes disability or not. Notably, the HIV prevalence rate among women is highest in India.

HIV/AIDS literature, the World Health Organization (WHO) has said that a systematic review of HIV/AIDS literature could provide insight into the effectiveness of various interventions and policies. The report further stated that it was conducted in collaboration with WHO to collect data from over 1,500 publications on HIV/AIDS. It also highlighted the importance of sharing research findings across countries. HIV-positive patients, a systematic review has revealed that the use of antiretroviral therapy (ART) can improve Quality of Life. The study also found that co-morbidity was associated with lower quality of life in HIV-positive patients. However, there is no data on the impact of ART on Quality of life. Further, it showed that antiretroviral therapy may not be effective for all patients. Notably, ART and other drugs are considered to be non-therapeutic. The study shows that HIV can influence the quality of life on physical health and mental health. The patient's symptoms are associated with fear and anxiety regarding their health. HIV can affect relationships, employment, and social interactions patients are facing main challenges in the immune system making individuals more susceptible to other infections and illnesses. The study shows that adherence to medical and socially supportive environments addressing both physical and mental health aspects contributes to a better quality of life for HIV patients. The study also describes that the quality of life the HIV patients can improve by providing mental support through psychological counselling and social support in a supportive environment among family and providing the importance of adhering to the prescribed medications.

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