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Universidad y Salud ARTÍCULO ORIGINAL

**Calidad de vida en pacientes con esclerosis múltiple atendidos en una institución de salud de Medellín, Colombia**

Quality of life of patients with multiple sclerosis treated at a health institution in Medellin, Colombia

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**Resumen**

**Introducción:** La calidad de vida relacionada con salud (CVRS) en la esclerosis múltiple (EM), puede verse afectada por factores físicos, clínicos y sociodemográficos. **Objetivo:** Determinar el efecto de factores sociodemográficos, clínicos y físicos en la calidad de vida (CV) de pacientes con EM. **Materiales y métodos:** Se aplicó el instrumento WHOQOL-BREF de la OMS a 173 pacientes de una institución de salud. Se realizó análisis descriptivo de características sociodemográficas, clínicas y físicas y sus puntajes de CV. Se observó la asociación entre CV global con factores sociodemográficos, clínicos y físicos; finalmente, por medio de análisis multivariado. **Resultados:** El 80,3% fueron mujeres, la mediana de edad de 43 años (RIC= 51-35). La fatiga fue el síntoma más frecuente ((71%). Los factores de riesgo para tener peor CV fueron: sexo femenino (RP=6,92. IC 95% 1,8-26,58), alteración en control de esfínteres (RP= 6,10 IC 95% 1,26-29,51), trastornos cognitivos (RP=4,46 IC 95% 1,07-18,56), riesgo de depresión (RP= 3,82 IC 95% 1,01-14,38) y no realizar fisioterapia (RP= 4,48 IC 95% 1,08-18,34). **Conclusiones:** La afectación de CV en la EM, según factores sociodemográficos y clínicos es variable. Evaluar la CVRS en la práctica clínica, permite entender el comportamiento y necesidades del paciente para intervenir factores de riesgo.

**Palabras clave**: Esclerosis múltiple; calidad de vida relacionada con la salud; personas con discapacidad; actividades de la vida diaria; factores de riesgo. (Fuente: DeCS, Bireme)

**Abstract**

**Introduction:** Health-related quality of life (HRQL) in multiple sclerosis (MS) patients can be affected by physical, clinical and sociodemographic factors. **Objective:** To determine the effect of sociodemographic, clinical and physical factors on the quality of life (QL) of patients with MS. **Materials and methods:** The WHO WHOQOL-BREF instrument was applied to 173 patients of a health institution. Descriptive analysis of sociodemographic, clinical and physical characteristics and their QL scores were performed. The association between global QL with sociodemographic, clinical and physical factors was observed; finally, through multivariate analysis. **Results:** 80.3% were women, the median age was 43 years (IQR = 51-35). Fatigue was the most frequent symptom (71%). The risk factors for worse QL were: female sex (RP = 6.92. 95% CI 1.8-26.58), abnormal sphincter control (RP = 6.10 95% CI 1.26-29.51), cognitive disorders (RP = 4.46 95% CI 1.07-18.56), risk of depression (RP = 3.82 95% CI 1.01-14.38) and lack of physiotherapy (RP = 4.48 95% CI 1.08-18.34). **Conclusions:** The effect of QL in MS is variable and depends on sociodemographic and clinical factors. Evaluating the (HRQL) in clinical practice facilitates the understanding of the behavior and needs of the patient required for risk factors intervention.

**Key words:** Multiple sclerosis; health related quality of life; disabled persons; activities of daily living; risk factors. (Source: DeCS, Bireme).

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