

SUMMARY

PHYSICAL ACTIVITY AND QUALITY OF LIFE OF PEOPLE WITH PARKINSON'S DISEASE

Background: Parkinson's disease has become an increasingly common social problem in recent years. It is a neurodegenerative disease that gradually leads to disability, immobility and consequently total patient's dependence on others. One of the most beneficial and irreplaceable treatments for Parkinson's disease is physical activity. There are numerous confirmations in scientific publications that physical activity has a positive impact on health, physical fitness, independence in the elderly and improving the quality of life (Cholewa et al. 2014, Kaźmierczak et al. 2015). The aim of this study was to investigate the relationship between physical activity and the quality of life of people with Parkinson's disease in the context of health-promoting physical activity recommendations.

Material and methods: The research was conducted in a group of 61 people with diagnosed PD of stage II according to the Hoehn and Yahr's scale. The Unified Parkinson's Disease Rating Scale (UPDRS) was used to estimate the patients' clinical status. The level of physical activity of the patients was measured using accelerometers and compared with the pro-health physical activity recommendations proposed by the American College of Sport Medicine (ACSM) and WHO. The Parkinson's Disease Questionnaire (PDQ-39) and the Parkinson's Disease Quality of Life Questionnaire (PDQL) were used to estimate the quality of life.

Results and conclusions: The respondents mainly participated in low-intensity physical activity – approximately 5.83 ± 3.38 days a week for 53.21 ± 5.47 minutes. They spent 2.98 ± 2.34 days a week for 42.64 ± 4.98 minutes on moderate-intensity physical activity. High-intensity exercise was the least frequently chosen form of activity, taking 4.66 ± 0.78 minutes during the day. ACSM's recommendations regarding pro-health physical activity in people with Parkinson's disease were met by 47.54% of the respondents and the WHO's recommendations were applied by 63.93% of the respondents. The study showed that the participation in the process of physical rehabilitation had a significant impact on the fulfillment of these recommendations. There was a strong correlation between the physical activity of people with Parkinson's disease and the declared assessment of the quality of life. Compliance with the recommendations for healthy physical activity resulted in a better assessment of the quality of life. People participating in the rehabilitation process declared a better quality of life than people not participating in rehabilitation.

Key words: Parkinson's disease, quality of life, physical activity, rehabilitation