

## **ABSTRACT OF THE DIPLOMA THESIS**

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**Title:**

Mapping of the most common difficulties in the performance of activities of daily living in patients with Parkinson's disease.

**Abstract of the diploma thesis:**

The aim of the diploma thesis is to map the most common difficulties in people with Parkinson's disease in the field of personal activities of daily living and to compare the subjective perception of difficulties in activities in relation to the motor symptoms. The secondary goal is to compare the objective evaluation of motor symptoms with the subjective one.

The theoretical part summarizes findings of Parkinson's disease. Subsequently, motor symptoms, which include rigidity, bradykinesia, tremor, posture and balance disorders are described. Various treatment options are also described. In the occupational therapy part, there is the influence of the symptoms of the disease on the occupational performance and the quality of life of people with Parkinson's disease. The work continues with a description of an evaluation and intervention in occupational therapy.

In the practical part, the questionnaire created by the author is presented, which is used to collect data in quantitative research in the form of a questionnaire survey. The outcome of mapping the difficulties in personal activities of daily living is ambiguous. However, it can be argued that the most common difficulties were reported by individuals in activities like unassisted walking, writing, lower body dressing/undressing, food preparation, and bedside mobility. Bradykinesia most subjectively affects body drying, bed mobility, and bathing in the bath along with brushing teeth. Rigidity affects bedside mobility, dressing/undressing of the upper body, and drying of the body. Tremor subjectively affects drinking, pouring liquids into glasses, using cutlery, and writing. Posture and balance disorders were most commonly reported in connection with difficulty moving into the tub, transfers in general, lower body dressing/undressing, and walking without aids. In the comparison of objective and subjective evaluation, it turned out that the higher the score in UPDRS part III, the slightly increased number of activities that individuals had great difficulty with.

**Key words:**

Parkinson's disease, Activities of Daily Living, Occupational Therapy, motor symptoms