

Abstract

The subject of this master thesis is telerehabilitation in patients with multiple sclerosis with a focus on patients with higher neurological deficit. Multiple sclerosis is a chronic degenerative disease affecting the central nervous system. According to the latest information (31.12.2021) from the ReMuS register there is 17 148 patients with a multiple sclerosis in the Czech republic. Altogether 71 % from this amount are women. The aim of this thesis is briefly introduce the topic of multiple sclerosis, its etiopathogenesis, diagnostic, symptomatology and therapy, with a focus on rehabilitation. Next chapter of the theoretical part is dedicated to telemedicine. There are information about history of telemedicine, some possibilities of its use in other fields of rehabilitation and also describes some platforms which can be used for providing an online therapy. Practical part of the thesis consists of two sections. The first one contains a survey which investigates amount of awareness of telerehabilitation and also amount of interest of it in patients with multiple sclerosis, partially for the needs of the Saint Joseph's Home which plans to expand its rehabilitation services. In the second part we wanted to prove the feasibility of telerehabilitation in patients with higher neurological deficit (EDSS 6-9). For this reason we did a few case studies which include a detailed description of the intervention itself. Based on our knowledge from both parts of the thesis we formulated a recommendation for a possible future telerehabilitation programs in patients with multiple sclerosis with higher neurological deficit.

Keywords

telerehabilitation, multiple sclerosis, physical therapy, distance therapy, telemedicine