

ABSTRACT OF BACHELOR THESIS

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Title: Creation of Educational Materials on the Correct Ergonomics of Transfers in Patients with Multiple Sclerosis

Abstract:

Multiple sclerosis (MS) is a complex neurological disease of progressive character with a diverse and usually fluctuating clinical picture. This fact is often reflected in the complexity of care, which is usually provided by informal caregivers. However, this care, especially when insufficiently informed, can lead to physical and psychological difficulties for the caregiver and the MS patient. Therefore it is important to provide assistance and offer preventive measures, including ergonomic knowledge when handling a person who is immobile. Carers can obtain this information, for example, from health professionals, other carers or educational materials, which are difficult to obtain in the Czech Republic.

The main aim of the work is to create a videomanual on the correct ergonomics of transfers for people with MS. The created videomanual is primarily intended for informal caregivers. The final manual includes ergonomic recommendations for transferring people with MS and a demonstration of transferring via standing, transferring using a towel, „body-to-body” transfer and transferring from a wheelchair to a car and back. The sub-objective of this work is to determine, through a semi-structured interview, the awareness of 2 informal caregivers about the correct ergonomics of transfers and their evaluation of the videomanual created within this thesis that will be presented to them. The interviews revealed that only one caregiver is familiar with ergonomic principles. Both carers had to work out the transfers that suit the pair on their own with the immobile person. Both carers also agree on the usefulness of the created videomanual.

Key words: multiple Sclerosis, occupational therapy, informal caregivers, ergonomics, transfers