

#PL-01210 – A STRUCTURED DANCE PROGRAM IMPROVES FATIGUE AND QUALITY OF LIFE IN PATIENTS WITH PARKINSON’S DISEASE: A PILOT STUDY.

Type: Platform: classic (PL)

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Background: Dance may be beneficial in patients with Parkinson’s Disease (PD). Dance for Parkinson’s Disease or Dance for PD[®] (DfPD[®]) is a structured dance program developed in USA in 2001 specifically for PD patients; this program has never been evaluated in Greek PD population.

Purpose: We sought to assess the feasibility of DfPD[®] in Greek PD patients and its effects on movement and non-movement symptoms and quality of life in a phase II prospective, non-randomized, uncontrolled, open-label pilot study.

Methods: Sixteen early-stage ($\leq 2,5$ – H&Y Scale) PD patients (50% male, aged 56 ± 12) underwent a total of 16 60-min classes of DfPD[®] (twice weekly), over 8 weeks. Dance classes were adjusted to Greek music and dance culture. Assessments, performed at baseline and at the end of study period, included balance (BBS), depressive symptoms (BDI-II), quality of life (PDQ-8), cognitive functions (MoCA), fatigue (PFS-16) and body mass index (BMI).

Results: At baseline, worse quality of life was correlated with greater depressive symptoms ($r=0,64$, $p=0,007$), while fatigue was correlated positively with depressive symptoms ($r=0,57$, $p=0,020$) and inversely with balance ($r=-0,69$, $p=0,002$). DfPD[®] resulted in statistically significant improvements in balance ($5 \pm 4\%$, $p=0,003$), depressive symptoms ($26 \pm 52\%$, $p=0,046$), quality of life ($29 \pm 47\%$, $p=0,020$), cognitive function ($17 \pm 23\%$, $p=0,010$), fatigue ($13 \pm 20\%$, $p=0,021$) and BMI ($2 \pm 2\%$, $p=0,010$). Significant improvement in BMI after the intervention was found to those who have been working ($r=-0,69$, $p=0,007$) as well as to those with the greater improvement in cognitive functions ($r=-0,77$, $p=0,001$).

Conclusions: A twice weekly 60-min DfPD[®] class for 8 weeks was feasible in Greek PD patients and improved fatigue and quality of life.

Implications: DfPD[®] is a feasible non-pharmacological complementary therapeutic intervention for Greek PD patients. Larger controlled studies are warranted to confirm the above encouraging results.

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Keywords: Dance for PD[®], Fatigue, Quality of Life.

Topic: Neurology: Parkinson’s disease.

Did this work require ethics approval?: Yes

Institution: National and Kapodistrian University of Athens Medical School

Committee: Aiginition's Hospital Ethics and Research Committee

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