

physical assistance in everyday life.

**Conclusion.**— The involvement of caregivers in MS is important and there is a need to inform or include them in therapeutic education programs if they wish.

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### Access to healthcare, quality of life and multiple sclerosis in the Pays de la Loire region: A professional network-study (RESEP-Loire)

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**Keywords:** Access to healthcare; Multiple sclerosis; Quality of life; Assessment; Questionnaire

**Introduction.**— The aim of this study is to describe the perception concerning access to healthcare and their quality of life perceived by patients with multiple sclerosis (PwMS) and their entourage in the Pays de la Loire region (France).

**Patients and methods.**— Additional study carried out during the year 2010 by professionals of the RESEP-Loire association, using an anonymous self-applied double questionnaire. This questionnaire has been previously tested in a preliminary study. Joined second self-administered questionnaire for the quality of life in MS (SEP-59), validated in French.

**Results.**— Hundred and seventy-six patients, women = 73% and mean age = 46 years old ( $\pm 12$ ). Fifty percent of the patients live in a town. Mean disease duration equal to 15.6 years  $\pm 9.4$ . Asymmetry in the perception of access to healthcare between the 31 proposed types of services or health professionals. For the 153 first analyzed SEP-59 questionnaire, the analogical visual scale from 0 to 10 is on average evaluated at  $5.8 \pm 1.9$ . The answers for access to healthcare, socioprofessional categories and answers to the SEP-59 questionnaire were analyzed and compared.

**Discussion.**— Access to healthcare in a context of handicap constitutes an essential question in the creation of networks. The importance led to the organization of a public hearing in October 2008 under the aegis of the Haute Autorité de santé. Difficulties that emerge from this public hearing and also found in the answers of the PwMS are notably complex pathways of access to healthcare, creating a hierarchy of care.

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## Posters

### Version française

P028-FR

### Les aidant des sujets en situation de handicap : des responsabilités et des difficultés

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**Mots clés :** Aidants ; Handicapés ; Charge de travail ; Pénibilité

**Introduction.**— Pour des raisons socioculturelles, économique voire religieuses, le rôle des aidants a toujours été d'un apport considérable dans la prise en charge des sujets en situation de handicap.

**Objectifs.**— Évaluer le degré de pénibilité ressenti par les aidants de sujets en situation de handicap et identifier les facteurs susceptibles d'aggraver la situation des aidants.

**Méthodologie.**— C'est une étude prospective dans laquelle nous avons évalué à travers l'échelle de pénibilité de Zarit, la charge de travail de personnes (aidants) prenant soin de parents malades. Nous avons évalué le degré d'autonomie des patients grâce à l'indexe de Barthel et la dépression selon les critères de la DSM IV.

**Résultats.**— Il s'agit de 33 aidants dont 25 de sexe féminin. L'âge moyen des aidants est de 41,1 et celui des aidés est de 53 ans. La plupart des sujets handicapés sont porteurs d'une hémiplégié. Le degré de pénibilité et la survenue de la dépression chez les aidants sont fonction de plusieurs paramètres, dont le plus important est celui lié à la sévérité du handicap.

**Discussion.**— Le rôle des aidants est d'un apport considérable dans la prise en charge des sujets en situation de handicap. Les pénibilités éprouvées sont inhérentes à la situation de la personne aidée d'une part et à l'environnement d'autre part. En effet, l'aidant se retrouve le plus souvent, comme seul interlocuteur face aux exigences.

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### Version anglaise

P028-EN

### Helping subjects with disabilities: Responsibilities and difficulties

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**Keywords:** Caregivers; Disabled people; Workload; Difficulties

**Introduction.**— Whether it is about socio-cultural reasons, economic or religious ones, caregivers have always boosted the treatment of disabled patients.

**Objectives.**— Assessing difficulties experienced by disabled patients caregivers and identifying factors, which may aggravate their situation.

**Method.**— Using the Zarit hardship scale, we have tried in this prospective study to assess the workload of caregivers having in charge-disabled patients. We have also used the Barthel index to assess the patients' level of autonomy and DSM IV criteria as regards to nervous breakdown.

*Results.*– Thirty-three caregivers were examined (among them, 25 were female). Their average age was 41.1 whereas the disabled patients were 53 years average. Most of these patients had hemiplegia. Difficulties caregivers experienced and nervous breakdown occurrence depended on several parameters. The most important one was related to the severity of the disability.

*Discussion.*– The role of caregivers in managing disabled people is significant. The difficulties encountered by caregivers are related to the situation of the person being cared for and also to the work environment. Indeed, caregivers usually face disabled person's expectations alone.

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