

July 12-13, 2018
Paris, France

Ivet B Koleva et al, J Neurol Neurosci 2018, Volume: 9
DOI: 10.21767/2171-6625-C1-007

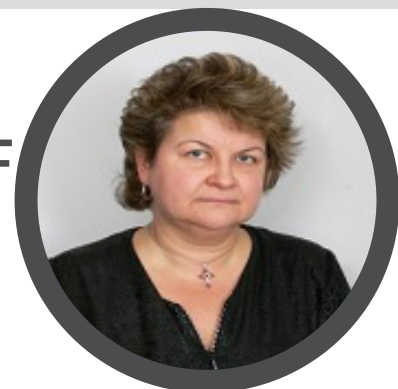
NEUROREHABILITATION - A MODERN APPROACH TO BRAIN ACTIVATION (IMPACT ON QUALITY OF LIFE OF NEUROLOGICAL AND NEUROSURGICAL PATIENTS)

Ivet B Koleva¹, Borislav R Yoshinov² and Radoslav D Yoshinov³

¹Medical University of Sofia, Bulgaria

²Sofia University, Bulgaria

³Bulgarian Academy of Sciences – Sofia, Bulgaria



Biography

Ivet B Koleva is a Medical Doctor, Specialist in Neurology, Physical and Rehabilitation Medicine (PRM) with European certification in PRM. She has completed three scientific theses: PhD in PRM, PhD in Pedagogics, Doctor of Medical Sciences in PRM [PhD thesis on Physical Prevention and Therapy of Diabetic Polyneuropathy; thesis for Doctor-es-Medical Sciences on Neurorehabilitation in patients with socially important neurological diseases]. She has published more than 100 papers in Bulgarian and international scientific journals, author of monographs and manuals in the fields of Physical Medicine, Neurorehabilitation, Neuro-ergotherapy, Grasp and Gait rehabilitation, Functional evaluation, Pain management. She is a Member of national and international associations of PRM. She is the President of Bulgarian Neurorehabilitation Society and Editor-In-Chief of the Bulgarian scientific magazine Neurorehabilitation (from 2006). Actually, she is Professor at the Medical University of Sofia, Bulgaria.

yvette@cc.bas.bg

The objective of current work is to emphasize on the impact of neurorehabilitation as a contemporaneous approach to Brain Activation. The goal was to prove and evaluate the efficacy of application of different modalities and methods of the physical and rehabilitation medicine (PRM) on independence and quality of life of neurological and neurosurgical patients. We effectuated a composition, clinical application and approbation of complex neurorehabilitation algorithms in patients with neurological and with neurosurgical conditions. Patients were divided into a lot of groups and subgroups, in each one we applied a different neurorehabilitation complex, composed by a synergic combination of natural and pre-formed physical modalities (electrical currents, laser, cryo/thermo-agents, hydro-/balneo-/ peloidotherapy; physiotherapy and occupational therapy). Patients were controlled before, during and at the end of the neurorehabilitation course and one month after its end - using a battery of traditional and contemporaneous objective methods: tests and scales for motor deficiency, balance and coordination; functional grip of the upper limb; gait and independent motion; independence in activities in daily living (ADL: self-service, family, professional and social life); depression and anxiety; visual analogue scale of pain; vibroesthesiometry; thermosensibility; laser Doppler flowmetry; ICF assessment. Based on detailed qualitative and quantitative evaluation, we proved the efficacy of application of different neurorehabilitation programmes – on different types and levels of sensory, motor and functional deficiency. In conclusion, we emphasize on the capacity of physical modalities for functional recovery and amelioration of independence in everyday life of patients with diseases and conditions of the nervous systems. Our opinion (based on 30 years clinical practice) is that neurorehabilitation must be considered as an important approach to brain activation and must be involved in the everyday clinical practice of neurological and neurosurgical wards.