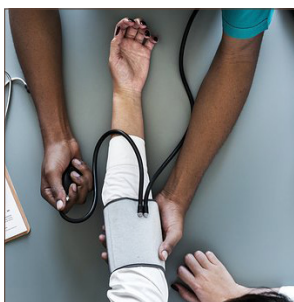

Scientific Tracks & Sessions

September 24, 2019

Palliative Care 2019

Clinical Trials 2019



Joint Event on
2nd International Conference on
Palliative Care
&

Clinical Trials and Pharmacovigilance
September 23-24, 2019 | Prague, Czech Republic

Palliative Care & Clinical Trials and Pharmacovigilance

September 23-24, 2019 | Prague, Czech Republic

The effects of Pilates training on mobility and respiratory muscle strenght in patients with ankylosing spondylitis: A pilot study

Songül Baglan Yentur, Devrim Can Saraç, Fulden Sari, Gizem Tore, Reyhan Bilici Salman, Mehmet Akif Öztürk and Deran Oskay

Gazi University, Turkey

Background: Ankylosing Spondylitis (AS) is a chronic, inflammatory rheumatic disease that effects primarily axial-spine. Reduction of flexibility and mobility is important factors that can cause muscle weakness, impairment quality of life, reduction of exercise tolerance and pulmonary capacity with the progression of AS. The purpose of this study was to investigate the effects of pilates exercises on mobility, quality of life and respiratory muscle strength in patients with AS.

Methods: Seventeen patients were included who were aged between 18-55 years and got diagnosed according to Modified New York criterias. Pilates training were performed as a group therapy during 8 weeks. Respiratory muscle strength was assessed by maximal inspiratory pressure (MIP) and maximal expiratory pressure (MEP). Thorax expansion was measured as axillar, subcostal and epigastric by tape measure. To evaluate disease activity, spinal mobility and quality of life, we used Bath Ankylosing Spondylitis Disease Activity Index (BASDAI), Bath Ankylosing Spondylitis Metrology Index (BASMI) and Ankylosing Spondylitis Quality of Life

Questionnaire (ASQoL), respectively. Exercise capacity was assessed by 6 minutes walk test. Assessments were repeated in the first session and at the end of 8th week.


Results: MIP score, thorax expansion (except for epigastric assessment), BASDAI, BASMI, ASQoL and 6 minutes walk test assessments showed statistically significant improvements at week 8 ($p < 0.05$).

Conclusion: The results of this pilot study suggest pilates exercises as an effective method to improve respiratory muscle strength, physical capacity, mobility and quality of life. Further research with more participants and with a control group should be performed to demonstrate the effects of pilates exercises in patients with AS

Speaker Biography

Songül Baglan Yentur continues her PhD from Gazi University, Turkey and has completed master programme from the same university. She is a research assistant at Gazi University, Turkey.

e: songulbaglan23@hotmail.com

 Notes:

Palliative Care & Clinical Trials and Pharmacovigilance

September 23-24, 2019 | Prague, Czech Republic

The effects of sacroiliac joint mobilization on pain, function, and mobility in patients with ankylosing spondylitis: Report of two cases

Songül Baglan Yentur¹, Oguzhan Mete², Zeynep Tuna¹, Abdurrahman Tufan³, Deran Oskay¹

¹Gazi University, Turkey

²Ankara Yıldırım Beyazıt University, Turkey

³Gazi University, Turkey

Introduction: The first complain in Ankylosing Spondylitis (AS) is usually sacroiliac joint (SIJ) pain and morning stiffness. Aside from inflammation, the SIJ pain was reported to be related with joint damage and mechanical stress. Many different methods are applied for the treatment of SIJ pain.

Aim: The aim of this study was to investigate the effects of SIJ mobilization (SIJM) on pain, function, and mobility in patients with AS.

The Cases: One of the two cases with SIJ pain was a 46-year-old male and the other was a 34-year-old female. The cases received seven sessions of mobilizations with movements (MWM) according to the Mulligan concept, repeated every four days. The patients were assessed for SIJM right before and after the first session and for pain, function, and mobility at 2nd and 8th sessions.


Outcome: Decrease in pain and increase in functional performance and mobility were noted in both cases at the end of eight sessions.

Conclusion: These cases have demonstrated that SIJ joint mobilization is effective in improving pain, function, and mobility of patients with ankylosing spondylitis. For clearer contributions to the literature, studies with increased number of cases should be conducted.

Speaker Biography

Songül Baglan Yentur continues her PhD from Gazi University, Turkey and has completed master programme from the same university. She is a research assistant at Gazi University, Turkey.

e: songulbaglan23@hotmail.com

 Notes:

Palliative Care & Clinical Trials and Pharmacovigilance

September 23-24, 2019 | Prague, Czech Republic

Do we need pharmacovigilance of drugs like Metformin?

E Sumbul Khalid, A Sadaf Moez, B Sania Shaheen, C Madiha Khalid and D Zoya Khalid

International Islamic University, Pakistan

Diabetes Mellitus is an overwhelming medical crisis for Pakistan (ranked 6th globally) with an expected 14.5 million patients by 2025. Type 2 Diabetes Mellitus (T2DM) predominates, with around 90%, of all the reported diabetic cases in Pakistan. Metformin (Glucophage) is the go-to, first line drug monotherapy against Type 2 Diabetes Mellitus around the world. A global observation is that in spite of the drug's proper usage, around 35% of T2DM individuals do not succeed to achieve initial optimum glycemic control by metformin monotherapy. In this era of personalized medication, it has been established that genetic factors are responsible for 64% to 94% of variations in an individual for renal clearance of any specific drug, including metformin.

We conducted a study to estimate the contribution of genotypic differences among diabetics for their individual responses to metformin affects. Many SNPs from the genes associated with metformin pharmacokinetics were found associated with these differences. The analysed genes were SLC22A1, SLC22A2, SLC22A3, SLC47A1 and SLC47A2. We

report strong, statistically significant, associations of certain SNPs with ineffectiveness of metformin in non-responding patients.

Assessment of individual responses (or no responses) of patients to their prescribed drugs come under the umbrella of 'Pharmacovigilance' and it is recommended that medical practitioners all over the world, but particularly in Pakistan, may consider genotypic evaluation of their patients before prescribing metformin to all the patients, since a good (35%) patients do not respond to metformin.

Speaker Biography

E Sumbul Khalid completed her PhD from PMAS- Arid Agriculture University, Rawalpindi, Pakistan. She has been serving in the Department of Biological Sciences, International Islamic University, Islamabad, Pakistan, campus since 2010. She has published more than 20 papers in reputed journals that has been cited more than 40 times. Her research interest includes diagnostics and therapeutics, pharmacogenomics, oncogenic cellular pathways. She is also serving as an editorial board member of reputed journals.

e: sumbul.khalid@iiu.edu.pk

 Notes: