

Oral presentation

## Independency in daily living of adult patients with myelomeningocele (MMC)

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### Background

MMC children's daily living is followed closely in most of the western world, however correspondingly little is known about adults' daily living. In this study we aim to find data on everyday life of adult MMC patients and correlate these to independent living.

### Materials and methods

In our clinic at the Neurosurgical department, University hospital in Aarhus, we established contact to all our 46 known adult MMC patients (Birth 1961-1982) and invited them to fill out a questionnaire concerning everyday living, educational level, employment and housing facilities. One patient did not participate, 45 accepted.

### Results

Age range was 20-42 years of age. Mean 29,7. We found significantly correlation to independency in daily living if patients could walk (RR = 1.6 (95% CI = (1.2;2.1)), if patients did not receive disablement pension (RR = 3.1 (95% CI = (1.7;5.8)), or if they successfully graduated from primary school or higher level of education (RR = 1.47 (95% CI = (1,1;2,0)). Independency was more frequent if patients had or have had employment at some point (RR = 1,2 (95% CI = (0,94;1,6)), did have a partner (RR = 1.5 (95% CI = (0.89;2.4)) or had children (RR = 1.8 (95% CI = (0.63;4.9)), though not statistically significant.

### Conclusion

Preservation of walking ability into adulthood, useful education, contact to the labour market and good family conditions seem important for the independency of MMC patients.