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Effects of botulinum toxin in cervical dystonia and impact on quality of life

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Introduction: Cervical dystonia (CD) is a disabling illness that interferes with activities of daily living and also has significant adverse impact on patient's physical and mental well-being. Botulinum toxin injection is an effective treatment for CD. The present study was designed to evaluate whether the impact of Botulinum toxin injection also extends to change in the quality of life (QoL) of patients along with improvement in the motor symptoms.

Materials and methods: It was a prospective observational study done in the Department of Physical Medicine & Rehabilitation, Vardhman Mahavir Medical College and Safdarjung Hospital, New Delhi, which included 7 cases of CD. The dose of injection Botulinum toxin A was determined by clinical examination of the involved muscles. Assessment of the patients was done Pre-injection (0 week), Post-injection (2 weeks) and Follow-up (6 weeks & 12 weeks).

The assessment tools were-

1. Fahn-Marsden Dystonia Severity Scale [Quantitative assessment of dystonia]
2. Cranio-cervical Dystonia Questionnaire-24 (CDQ-24) [Disease specific QoL]
3. Cervical Dystonia Impact Profile-58 (CDIP-58) [Measure of health impact of CD]

Results: All the patients showed improvement in almost all the scores, in severity of dystonia, as well as in QoL. The patients were better post-injection both clinically and symptomatically. One patient suffered from mild dysphagia after the injection, which improved gradually during follow up.

Conclusion: Botulinum toxin A is an effective treatment of cervical dystonia which can lead to improvement in dystonic symptoms as well as the QoL of patients.



Recent publications:

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Biography

Sucheta Saha has completed her MBBS in the year 2007. She has done Diploma in Medical Radiotherapy (DMRT) in 2009 and MD in Physical Medicine & Rehabilitation in 2015. She secured Gold Medal for standing first in MD in Guru Govind Singh Indraprastha University, New Delhi, India. She has also received the prestigious 'Indian Association of Physical Medicine & Rehabilitation Gold Medal' for best research paper in 2014. She has undergone observership in Palliative care in AIIMS, New Delhi. Currently she is working as a consultant rehabilitation physician in Institute of Neurosciences Kolkata, India. She has many publications in indexed journals, and she has been serving as a reviewer of two reputed journals. She is a part of many ongoing research projects. Recently, she has done Fellowship in Interventional Pain Management and achieved the first position. She has presented her talk in many national & international conferences and webinars.

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