

Management of Movement Disorders: Bangladesh Perspective

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Movement disorders are neurological conditions that affect the ability to produce and control body movement¹. Movement disorders are neurological conditions that cause abnormal movements. It is often difficult to diagnose accurately. The specialists of movement disorders at National Institute of Neurosciences and Hospital, Dhaka, Bangladesh work together to perform a comprehensive evaluation to determine the cause of movement disorders. Through this approach, it will create an individualized treatment plan that most effectively meets the needs of the patients.

Currently, there has been tremendous growth in new diagnostic information, pharmacological and neurosurgical treatments for movement disorders, as well as a greater understanding of impaired motor control function. It's estimated that 42 million people suffer from some form of movement disorder in the USA². For proper diagnosis and treatment an expert team from multiple disciplines working together in our Institute. With more than a dozen specialists in neurology, neurosurgery, neuroradiology and neuropsychology, together with the colleagues in speech pathology and physical medicine and rehabilitation, the Movement Disorders Program is one of the largest and most comprehensive in the country. There are also the greatest number of movement disorder specialists in the region devoted to the care of patients, the understanding of disease processes and the development of new therapies.

Movement disorders can manifest in numerous ways, with symptoms ranging from subtle to disabling. The most important part of the treatment plan for anyone affected by Parkinson's disease or other movement disorder is a dedicated team of specialists who can monitor your progress and support your optimal health with the latest therapies. The spectrum of clinical disorders represented by the Society includes, but is not limited to, these disorders like Parkinson's disease and parkinsonism, dystonia, chorea and Huntington's disease, ataxia, tremor and essential tremor, myoclonus

and startle, tics and Tourette syndrome, restless legs syndrome, gait disorders, spasticity and stiff person spectrum disorder.

The International Parkinson and Movement Disorder Society (MDS) is a professional society of more than 11,000 clinicians, scientists and other healthcare professionals dedicated to improving the care of patients with movement disorders through education and research³. The International Parkinson and Movement Disorder Society (MDS) is a professional society of clinicians, scientists, and other healthcare professionals who are interested in movement disorders, including Parkinson's disease, related neurodegenerative and neurodevelopmental disorders, hyperkinetic movement disorders, and abnormalities in muscle tone and motor control.

In many cases, movement disorders cannot be cured, and the goal of treatment is to minimize symptoms and relieve pain. Some are severe and progressive, impairing the ability to move and speak. While treatment for movement disorders will depend on the underlying cause of the condition, options may include drug therapies to control the symptoms, physical or occupational therapy to help maintain or restore the ability to control the movements, botulinum toxin injections to help prevent muscle contractions and deep brain stimulation, a surgical treatment option that uses an implant to stimulate the areas of the brain that controls movement⁴. Nationally and internationally renowned experts in the field of Parkinson's disease and other movement disorders are gathered in the institute for both the clinical activities and the cutting-edge research program to educate future leaders in the field.

Diagnosing rare movement disorders is often challenging and requires increased awareness and skilled experts. So, accessibility to these experts and training not only for neurologists but also for residents, general practitioners and other healthcare providers are essential. However, our results brought to light that the accessibility for patients to experts was difficult in

20.0% to 35.0% of the countries and only about a quarter of the countries considered it easy⁵. The main reasons for difficult accessibility, according to the respondents, were the small number of experts in these disorders and the lack of knowledge amongst non-expert clinicians. Moreover, some countries did not have experts in certain diseases such as neurodegeneration with brain iron accumulation, paroxysmal dyskinesia, ataxias or atypical parkinsonism. Regarding training in movement disorders, almost all countries had movement disorders experts and teaching courses or symposia in movement disorders for residents and general neurologists.

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