

PREVALENCE AND IMPACT OF PHYSICAL-MENTAL MULTIMORBIDITY IN THE OUTPATIENT DEPARTMENT

Mohammed Akmal

Scientific adviser: Virginia Salaru

Department of Family Medicine *Nicolae Testemițanu* University

Background. Multimorbidity has been defined as the presence of 2 or more chronic conditions in the same individual. Multimorbidity can involve physical and mental chronic conditions in different combinations. Managing multimorbidity can be difficult as it requires coordination between different healthcare providers and approaches tailored to each one's health circumstances. **Objective of the study.** The purpose of this study was to identify the prevalence and burden of physical and mental multimorbidity on patients in Primary Health Care (PHC) settings. **Material and methods.** This paper is based on data that was extracted from multiple medical databases such as PubMed, PMC, and Google Scholar, and a variety of literature published from the years 2010 to 2024. We included studies of any research design, published in English, referring to physical-mental multimorbidity among adults in PHC. In total, 84 credible sources were reviewed and used for data. **Results.** The prevalence of multimorbidity was found to increase with an

increase in age and was found to be more prevalent in a socioeconomically deprived community. It was found to be related to premature death and resulted in poor function and quality of life and ultimately a greater health care utilization. Patients suffering from chronic conditions were often found to have mental conditions due to the stress resulting from their physical condition. The treatment of patients suffering from physical-mental multimorbidity requires different health care providers to prescribe treatment taking into consideration individual conditions, by adopting a holistic, patient-centered approach, ultimately enhancing overall health outcomes and quality of life. **Conclusion.** Multimorbidity is a common phenomenon with higher prevalence in PHC settings, the association of physical and mental condition lead to greater burden, lower quality of life, and higher treatment costs. **Keywords:** multimorbidity, physical and mental conditions.

QUALITY OF LIFE OF PATIENTS WITH THYROID DYSFUNCTION

Nizamudeen Fathima, Stela Vudu

Department of Endocrinology, *Nicolae Testemițanu* University

Background. The thyroid gland plays an indispensable role in the human body, and its dysfunction is one of the most diagnosed issues in clinical practice. Thyroid dysfunction is associated with a reduced quality of life due to its wide-ranging physiological and psychological effects. **Objective of the Study.** To evaluate the relationship between thyroid variables and health-related quality of life (QoL) in patients with thyroid dysfunction. **Material and methods.** A narrative literature review was conducted using top-tier papers from databases such as PubMed, WebMed, Google Scholar, the National Institutes of Health, and Med Central. Various combinations of keywords were used, including hypothyroidism, quality of life, and thyroid dysfunction. **Results.** Thyroid dysfunction manifests as tiredness, variations in body weight, mood swings, and impacts on me-

tabolism, energy, and cognitive function. These disorders significantly lower quality of life, leading to depression, anxiety, stress, and reduced health-related quality of life (HRQoL). Hypothyroid patients face diminished quality of life, affecting both physical and mental health. This is exacerbated by the link between thyroid disorders and sleep, with moderate negative correlations between sleep quality and cognitive function, social relationships, and overall quality of life. **Conclusion.** Further research aimed at enhancing a holistic, interdisciplinary approach to managing thyroid disorders, and studies correlating clinical factors with quality-of-life indicators within a defined theoretical framework, would substantiate and introduce innovative aspects to our findings. **Keywords:** QoL, thyroid dysfunction, hypothyroidism.