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**EVOLIUCINĖ MEDICINA:
ŽMOGAUS RAIDOS PERSPEKTYVOS IR SVEIKATA
BESIKEIČIANČIOJE APLINKOJE**

**EVOLUTIONARY MEDICINE:
PERSPECTIVES ON HUMAN DEVELOPMENT AND HEALTH
CONSEQUENCES IN A CHANGING ENVIRONMENT**

Rengėjas:

Vilniaus universiteto Medicinos ir sveikatos mokslų
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A SIX-YEAR CASE FOLLOW-UP ON FUNCTIONAL OUTCOME IN HUNTINGTON'S DISEASE: EFFECT OF ANNUAL INDIVIDUALIZED INPATIENT REHABILITATION COURSES

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Background and Aim: Huntington's disease (HD) profoundly affects body functions, independence, and work capacity, becoming a significant personal, social, and economic burden. Only symptomatic disease management is possible. With regular and sufficient physical activity, cognitive training and stimulation, slower disease progression is achieved, the patient's functionality is maintained. According to the survey data of the European Reference Network for Rare Neurological Diseases, and HD patients in Europe face the problem of access to rehabilitation services. In Lithuania, individuals with symptomatic HD are eligible for a multidisciplinary inpatient rehabilitation program once per year.

Materials and Methods: This case study analyses the biopsychosocial assessment results of a patient who participated in an annual inpatient rehabilitation program at Vilnius University Hospital Santaros Klinikos over six consecutive years.

Results: The patient- a 35-year-old man began rehabilitation in 2020 following a confirmed genetic diagnosis of HD. At the initial admission, scores were as follows: Barthel Index- 80, Functional Independence Measure (FIM)- 94, Mini-Mental State Examination (MMSE)- 21, and Tinetti Balance and Gait Test- 15. Each rehabilitation cycle resulted in statistically significant improvements in the aforementioned biopsychosocial scores ($p < 0.05$). By 2022, the patient remained employed as a garage technician. Dysphagia symptoms were successfully managed through speech therapy and swallowing muscle electrostimulation. By 2025, functional decline was evident, with scores after individualised inpatient rehabilitation program of Barthel- 65, FIM- 89, and MMSE- 23, reflecting disease progression.

Conclusions: A consistent, multidisciplinary rehabilitation approach could help individuals with HD preserve functional independence, continue employment, enhance quality of life, increase participation in daily life, and reduce caregiver burden- even in the context of gradual neurodegeneration.

Keywords: Huntington disease, rehabilitation