

## Summary of activities and results achieved in the project in 2025

Project code: 25.80012.8007.04TC

Project Title: *“Clinical, functional and psycho-social assessment of patients with Parkinson’s Disease: contributions to the development of an integrated intervention model”*

Parkinson’s disease is a progressive neurodegenerative disorder that affects multiple dimensions of a patient’s functioning, including motor symptoms, cognitive status, emotional well-being, social participation and overall quality of life. In many healthcare systems, including the Republic of Moldova, clinical management remains predominantly focused on motor aspects, despite growing evidence that a multidimensional approach is essential for improving long-term outcomes. This project aims to address this gap by establishing a comprehensive framework for assessing patients with Parkinson’s disease and by generating scientific evidence necessary to design an integrated model of care.

During the 2025 stage, the project focused on developing the methodological and operational foundations required for a national research platform dedicated to Parkinson’s disease. A standardized assessment protocol was created, incorporating validated tools for clinical and motor evaluation, functional status, cognitive performance, mood and psychosocial functioning, nutritional status and patient-reported outcomes. An electronic data collection system was implemented to ensure accuracy, reproducibility and the possibility of advanced statistical analyses. Thirty patients were included in the initial research database, allowing preliminary evaluation of the feasibility and applicability of the multidimensional assessment protocol.

The project also strengthened interdisciplinary collaboration within the neurology institute and initiated partnerships with primary care providers to improve early identification and referral of patients. Training activities for neurologists and family physicians were launched, alongside the development of educational materials for patients. International collaboration was supported through participation in scientific conferences and discussions with European research centers, aligning the project with current trends in personalized and integrated care for Parkinson’s disease.

The results obtained in 2025 establish the essential infrastructure for a modern, patient-centered model of care. By integrating clinical, functional and psychosocial dimensions, the project contributes to the development of evidence-based strategies aimed at improving autonomy, quality of life and long-term disease management in Parkinson’s disease. Future project stages will expand data collection, refine predictive models and support the implementation of an integrated intervention framework at national level.

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