

Positive role of healthy lifestyle that include, dietary measures such as fasting and exercise has been recognised and recommended by physicians from the ancient times, through the middle ages to the early 20th century. Indeed, used as therapeutic tool to treat medical and psychiatric disorders.

In recent years there has been resurgence of focus on diet and exercise as important and additional therapeutic tools in management of both medical and psychiatric disorders.

The scientific basis, explaining the benefits of healthy diet and physical activity are beginning to be unravelled. Possible mechanism that may explain, how benefits are gained from good diet (including fasting) and physical activities include, their anti-inflammatory effects, thus benefiting the immune system. Fasting can also trigger autophagy, a mechanism which helps to remove toxic proteins that have been linked with development of neurodegenerative disorders.

A diet that facilitates healthy and varied gut biome leads to positive benefits for the immune system, better sleep, weight control and general improvement in physical and mental health.

Increased physical activity has been shown to benefit many psychiatric disorders including anxiety and depression. Amongst mechanisms suggested include, increase in BDNF, better circulation and increased energy, possibly related to improvement in mitochondrial health.

Exercise has also been shown to improve sleep, reduce stress, have beneficial effects on the immune system, metabolic status and general physical and mental health.

However, more research is needed to not only better understand, how diet and exercise helps physical and mental health, but also how best to use diet and exercise as additional therapeutic tools for improving physical and mental health.

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DISABILITY AND QUALITY OF LIFE

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Complex disability affects several body systems and it is often associated with intellectual disability and behavioral disorders.

For all these reasons its care is challenging. Moreover, within this complexity, identifying useful indicators for understanding the patients' health status seems crucial. In recent years, as highlighted the literature, an important indicator to plan and evaluate the effectiveness of individualized interventions is the Quality of Life (QoL). Furthermore the literature showed that the QoL' outcomes are closely connected to the quality of the relationship between patients and their caregivers. The quality of the relationship is considered a key factor that can have an effect on several outcomes including the QoL. To date, few studies have been conducted in patients characterized by multiple complex disabilities. The main aims of this study, were to assess the QoL outcomes of 31 residential patients with severe and multiple disabilities related to severe or profound ID, recruited to the "Istituto Serafico" of Assisi and to explore the link between the relationship quality and QoL outcomes. All indicators, QoL outcomes and relationship quality, have been evaluated through interviews with professional caregivers who take care of individual patients. The evidence that will be presented highlights the importance of taking into account of these indicators to plan and evaluate individualized care interventions also in complex disabilities

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ACCESS TO CARE: AVAILABILITY AND AFFORDABILITY OF ANTISEIZURES MEDICATIONS

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Neurological disorders affect about one billion people worldwide and represent a leading cause of disability and death (Feigin et al. 2020). Many people with neurological disorders have a limited access to appropriate care and treatment with large disparities between country income levels and socio-economic