

Short Communication

The unfinished fight: A new paradigm for quality of life in malaria care

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Abstract. Enhancing Health-Related Quality of Life (HRQOL) for infectious diseases like malaria requires a shift from a disease-focused to a patient-centered model of care. By implementing an integrated framework that addresses clinical, psychological, and socioeconomic dimensions of the illness simultaneously, healthcare professionals can improve patient well-being significantly. It is crucial that national primary health care systems and malaria control programs formally adopt HRQOL metrics as key performance indicators. Future research should prioritize evaluating these intervention strategies to establish a robust evidence base for holistic patient care.

Keywords: *Plasmodium vivax*, Innovative Strategies, Medical Entomology, Health Related Quality of Life, Vector Control

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Health-Related Quality of Life (HRQOL) is significantly affected by infectious diseases like malaria. It is essential for healthcare professionals to take this model of care into consideration when determining treatments (Aghakhani *et al.*, 2011). The impact of *Plasmodium vivax* malaria on HRQOL is significant and multifaceted. The clinical course, marked by debilitating febrile attacks, severe fatigue, and related symptoms, directly interferes with daily activities and economic productivity of the affected individual. Moreover, malaria places a considerable psychological burden on patients, including anxiety and depression, due to the unpredictability of relapses and the harm caused by acute illness (Phyo *et al.*, 2022). This is compounded by the chronic and debilitating socioeconomic consequences of malaria. The catastrophic costs of treatment and significant loss of income due to work absences create a vicious cycle of debt and poverty, further eroding social status and long-term well-being (Mezieobi *et al.*, 2025).





To effectively reduce the multifaceted burden of malaria on HRQOL, it is essential to implement a comprehensive intervention strategy that should aim to improve the primary clinical, psychological, and socioeconomic factors influencing the disease. First, the clinical care paradigm should be transformed into an integrated clinical and psychological care model which includes standard management protocols that involve routine mental health screening using validated instruments. Additionally, primary health care workers should be trained in psychological and mental health first aid and initial counseling. This will ensure that individuals' psychological recovery receives as much attention as their physical treatment for parasites (Nandish *et al.*, 2024). Second, a framework for preventive socioeconomic reduction should be established which includes the use of simple screening tools at the outbreak site to identify patients at risk of poverty and financial hardship. Those identified as being in need and affected by the economic consequences of the disease should be referred to social safety nets, financing programs, or financial counseling. This approach will help protect patients from the devastating economic shock of the disease (Alonso *et al.*, 2019).

Finally, these patient-centered efforts should be supported by strengthening prevention and health system infrastructures. This includes ensuring access to rapid diagnosis, providing effective antimalarial drugs, and sustainable distribution of insecticidal-treated bed nets and vector control within mosquito habitats. Establishing and maintaining an effective primary health care system is essential to reducing the incidence of malaria and the severity of its impact on humans (Chu *et al.*, 2021).

Author's Contributions

Nader Aghakhani: Conceptualization; methodology; visualization; project administration; **Samira Firooziyan:** methodology; formal analysis; investigation; draft preparation; final review and edit; visualization; supervision; project administration and funding acquisition; **Béatrice Marianne Ewalds-Kvist:** draft preparation; final review and edit; **Sepideh Naseri:** draft preparation; final review and edit.

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نبرد ناتمام؛ الگوی نوین برای کیفیت زندگی در مراقبت از مالاریا

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چکیده: افزایش کیفیت زندگی مرتبط با سلامت (HRQOL) برای بیماری‌های عفونی مانند مالاریا نیازمند تغییر از یک مدل مراقبتی متمرکز بر بیماری به یک مدل مراقبتی متمرکز بر بیمار است. با اجرای یک چارچوب یکپارچه که به طور همزمان به ابعاد بالینی، روانشناختی و اجتماعی-اقتصادی بیماری می‌پردازد، متخصصان مراقبت‌های بهداشتی می‌توانند رفاه بیمار را به طور قابل توجهی بهبود بخشند. بسیار مهم است که سیستم‌های ملی مراقبت‌های بهداشتی اولیه و برنامه‌های کنترل مالاریا رسماً معیارهای HRQOL را به عنوان شاخص‌های کلیدی عملکرد بپذیرند. تحقیقات آینده باید ارزیابی این استراتژی‌های مداخله‌ای را در اولویت قرار دهند تا یک پایگاه شاهد قوی برای مراقبت جامع از بیمار ایجاد کنند.

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کلمات کلیدی: استراتژی‌های نوآورانه، پلاسمودیوم ویواکس، حشره شناسی پزشکی، کنترل ناقلین، کیفیت زندگی مرتبط با سلامت