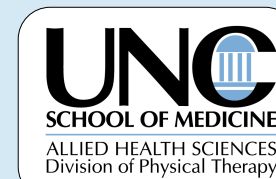




# Online Educational Modules To Increase Multiple Sclerosis Knowledge For Physical Therapists

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## INTRODUCTION

Research aims to identify best practices for patients with MS. However, limited continuing education programs exist specifically related to PT for MS.

Barriers to continuing education include: travel costs, limited access to research databases, time constraints, and low evidence based practice (EBP) self-efficacy.

Online educational resources offer a flexible, inexpensive, and convenient opportunity for PTs to access continuing education.

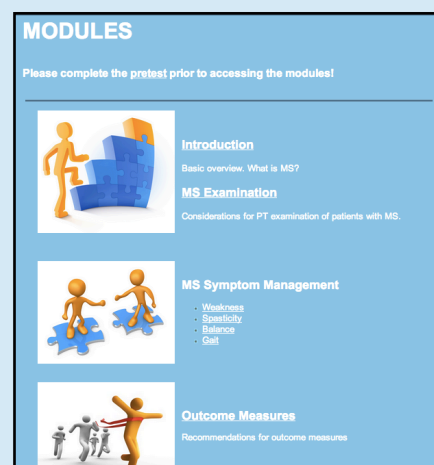
## NEEDS ASSESSMENT

An initial needs assessment survey regarding knowledge of physical therapy for patients with MS (PwMS) was sent to PTs to guide the development of the online modules.

### Survey Results:

- Over 70 physical therapists completed the survey.
- 90% had a strong interest in learning more about MS.
- 71% indicated an interest in receiving the educational modules.

## METHODS: Online Educational Modules



<http://sites.google.com/site/MSmodules>



## OBJECTIVES

- To enhance the knowledge of PTs who treat PwMS through the creation of online educational modules.
- To highlight research related to PT evaluation and interventions for MS.
- To increase PT knowledge when treating PwMS, for both PTs who specialize in neurology or the PT who only periodically treats patients with MS.

## RESULTS

Based on the needs assessment results, a total of 6 evidence-based modules were developed. Content is primarily presented in video format. Each video is 6-12 minutes in length. Handouts corresponding to each video are available. Additional supplementary resources are provided including a comprehensive resource list, evidence tables, and links to outcome measure recommendations. Modules are free to access at [sites.google.com/site/MSmodules](http://sites.google.com/site/MSmodules). They are also available for CEUs at [www.AHEConnect.com](http://www.AHEConnect.com) for a small fee.

Module content was evaluated with pretest and posttest assessments. 15 PTs completed the pretest; 5 also viewed the online modules and completed the posttest. The average pretest score was 48%, and the average posttest score was 78%. Thus, quantitative data suggests an increase in knowledge after viewing the modules.

Data from pretests and posttests in the free online modules is preliminary and may not reflect the true potential of the modules to teach MS related information. Further analysis of evaluation data from those who complete the modules for CEUs will be analyzed to validate the quality of test questions and verify module outcomes.

## AKNOWLEDGEMENTS

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These modules were created by 3<sup>rd</sup> year DPT students in UNC's MS standardized training and education program with university partners (MS STEP UP). For more information visit the program website at [www.MSSTEPUP.org](http://www.MSSTEPUP.org)

