

Identifying the Nature and Extent of Post-Relapse Rehabilitation Services Utilization in Multiple Sclerosis

Work in Progress

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Background

- MS relapses result in new or worsening symptoms that can have a significant effect on one's health and quality of life.
- Relapses are commonly treated by steroids, which do not directly address the functional limitations and disability due to relapse.
- Up to 58% of individuals report a measurable and sustained effect of relapses on disability.
- Rehabilitation can play a significant role in managing health and quality of life of people with MS.
- Current literature is unclear about the nature and use of rehabilitation post-relapse.

Aim

- To document the nature and extent of the use of rehabilitation services post-relapse.

Methods

- Design:** A cross-sectional study using a telephone survey to collect data.
- Sample:** Convenience sample in Ontario and Illinois. As of May 6, 2014, 55 individuals who experienced at least one relapse in the previous six months had been interviewed.
- Recruitment:** NARCOMS (USA), MS clinic (Canada) and advertisements posted on MS Society website (Canada & USA).
- Data collection:** Primarily closed-ended questions regarding most recent relapse, recovery process and post-relapse rehabilitation services. A series of standardized questionnaires are embedded in the interview: PDDS, EuroQoL-5D, Control Preference Scale.
- Data analysis:** Descriptive statistics.

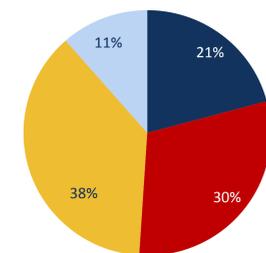
Preliminary Results

Participants

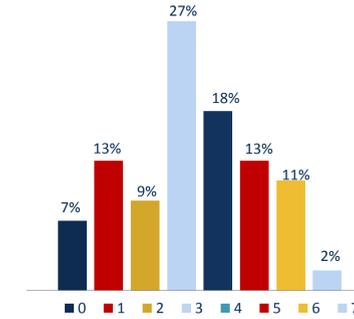
N total = 55	Median	Range
Age (years)	49	29-77
Time since diagnosis (years)	12	0-36
Time since relapse (days)	90	8-180
Duration of relapse (days)	45	6-180
	N	%
Female participants	46	84%
Married / Common-law	38	69%
Unable to work	26	47%

MS status

My MS at this point in time is...

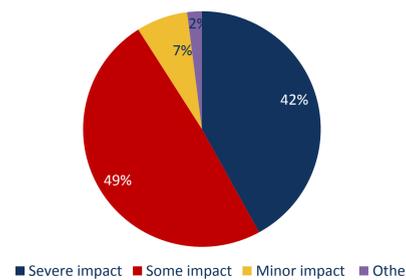


PDDS

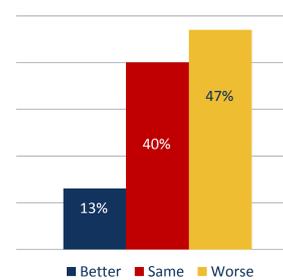


Thinking about my symptoms and ability to do everyday activities...

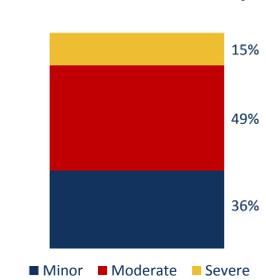
My most recent relapse had...



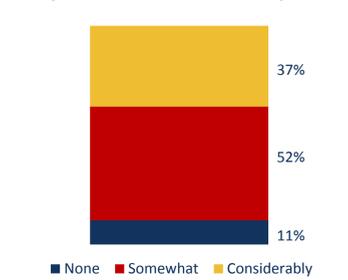
Compared to pre-relapse I am managing



My disability or limitation due to the most recent relapse is...



My overall function is affected by the most recent relapse...



Did you use any post-relapse rehabilitation services?

N= 18 (33%) used post-relapse rehabilitation services

Top 5 Types of Rehabilitation Services Used	N	%
Physical Therapist	12	67%
Occupational Therapist	7	39%
Exercise Therapist or Kinesiologist	5	29%
Psychologist	4	22%
Assistive Technology Specialist	3	17%

N= 37 (67%) did not use post-relapse rehabilitation services

Top 5 Reasons Why Rehabilitation was Not Used	N	%
Didn't know how to get/where to go for the services	20	54%
Lack of recommendation from healthcare providers	18	49%
Didn't think it was necessary	16	43%
Lack of support from healthcare providers	16	43%
Didn't know what rehabilitation was	13	35%

Summary

- About 90% of the participants stated that the most recent relapse had at least some impact on their daily life and overall function.
- >50% of the participants reported disability or limitation due to the most recent relapse.
- About 50% of the participants stated that they were managing symptoms and daily activities worse than pre-relapse.
- Just over 30% of the participants reported the use of post-relapse rehabilitation services.
- Lack of recommendation and support from healthcare providers were common barriers to post-relapse rehabilitation.

Next Steps in the Study

- Complete recruitment and data collection to the goal of 138 participants in total.
- Conduct multivariate regression analyses to identify both positive and negative factors associated with the use of post-relapse rehabilitation services.
- Address potential needs for interventions to minimize identified barriers to post-relapse rehabilitation services.

Acknowledgement

Recruitment

- National MS Society (NMSS)
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- MS Clinic at Kingston General Hospital
- Dr. Donald Brunet
- Ms. Cathy Edgar, RN

Data collection

- Participants
- Ms. Lindsay Delima
- Ms. Abby Eitzen

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Selected References

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