

Virtual I Can Do It Program for Individuals with Progressed Multiple Sclerosis

University of Kansas Medical Center: Multiple Sclerosis Achievement Center



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Background

ICDI: The I Can Do It, You Can Do It (ICDI) national model initiated by U.S. Department of Health and Human Services Office on Disability for all Americans, regardless of ability, to lead a healthy lifestyle.

MSAC: Multiple Sclerosis Achievement Center at KUMC provides PT, OT, and social work support 1X a week for members → social connection, support, exercise, education

COVID-19: Need for virtual programming

Virtual ICDI

- Groups on Zoom
- Groups= healthy eating/nutrition + physical activity
- Individual and group time for goals (GAS)



Objectives

- 1) Increase **physical activity (PA)** participation
- 2) Increase **healthy eating (HE)** behaviors
- 3) Empower to reach **individual healthy lifestyle goals** with goal attainment scaling (GAS)
- 4) Understand needs for **successful virtual delivery of ICDI** in group setting for adults with MS



Methods

Concurrent mixed methods

- GAS Data
- Survey Data (pre/post)
- Themes from: Mentor feedback & Participant feedback

Descriptive statistics (e.g., frequencies, measures of central tendency, and measures of variability) to analyze the data



Results

Significant and meaningful gains in the weekly frequency of PA (p=.003) (d=.8) and PA minutes (p=.000) (d=2.15)

Significant and meaningful gains in HE GAS (p=.000) (d=2.39)

Theme: group accountability/social support help meet goals

Conclusions

- ICDI is feasible to implement virtually in a group
- Effective in increasing the weekly frequency of PA and supporting healthy behavior for PA and HE
- The group format was key to participants' success in meeting goals