

# Exercise Education for people with Multiple Sclerosis (EEMS II)

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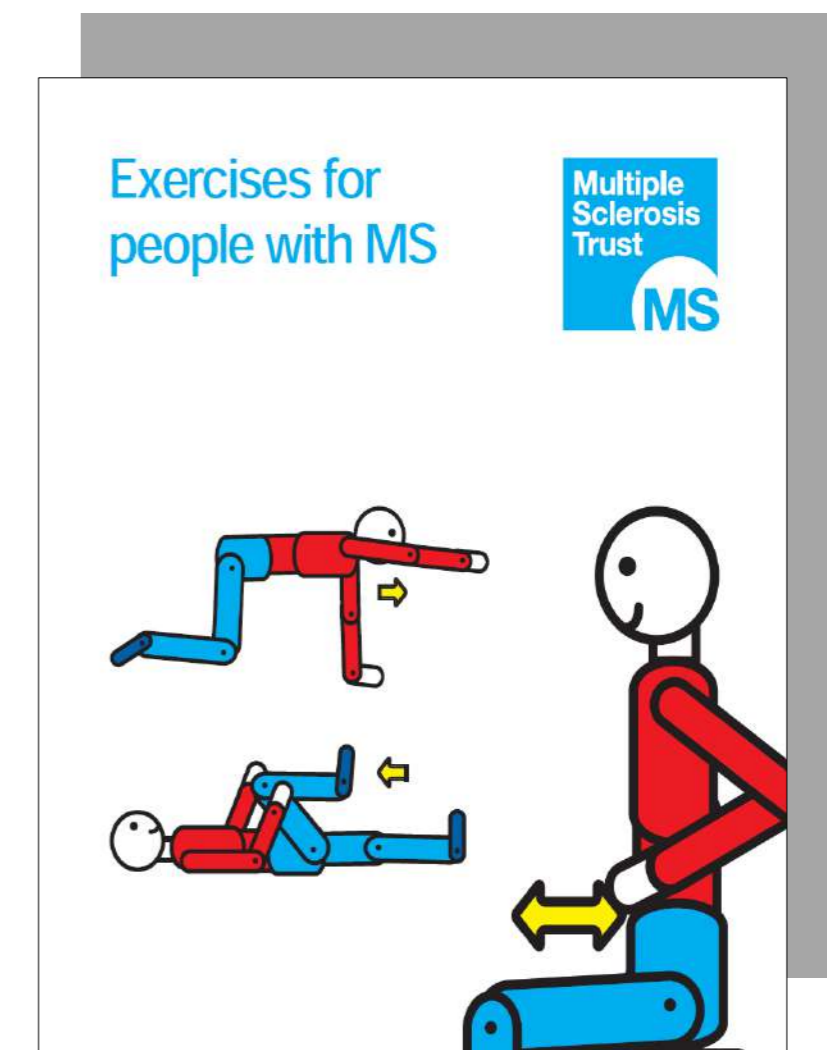
 Multiple Sclerosis  
Academy Raising the Bar

## Introduction

The Walton Centre NHS Foundation Trust is a tertiary neurological healthcare provider. We are a specialist Multidisciplinary Team (MDT) service for people with Multiple Sclerosis. This exercise education session was initially set up for patients referred from the Fatigue Management programme (FACETS), it has been further developed and progressed following review and feedback from staff and patients.

## Objectives of EEMS:

- To educate about the benefits of exercise
- To empower patients to be able manage their condition and symptoms through exercise
- To increase confidence and self-efficacy in relation to:
  - Choosing the right type and level of exercise
  - Recognising potential barriers to exercise and how to overcome them
  - Goal setting

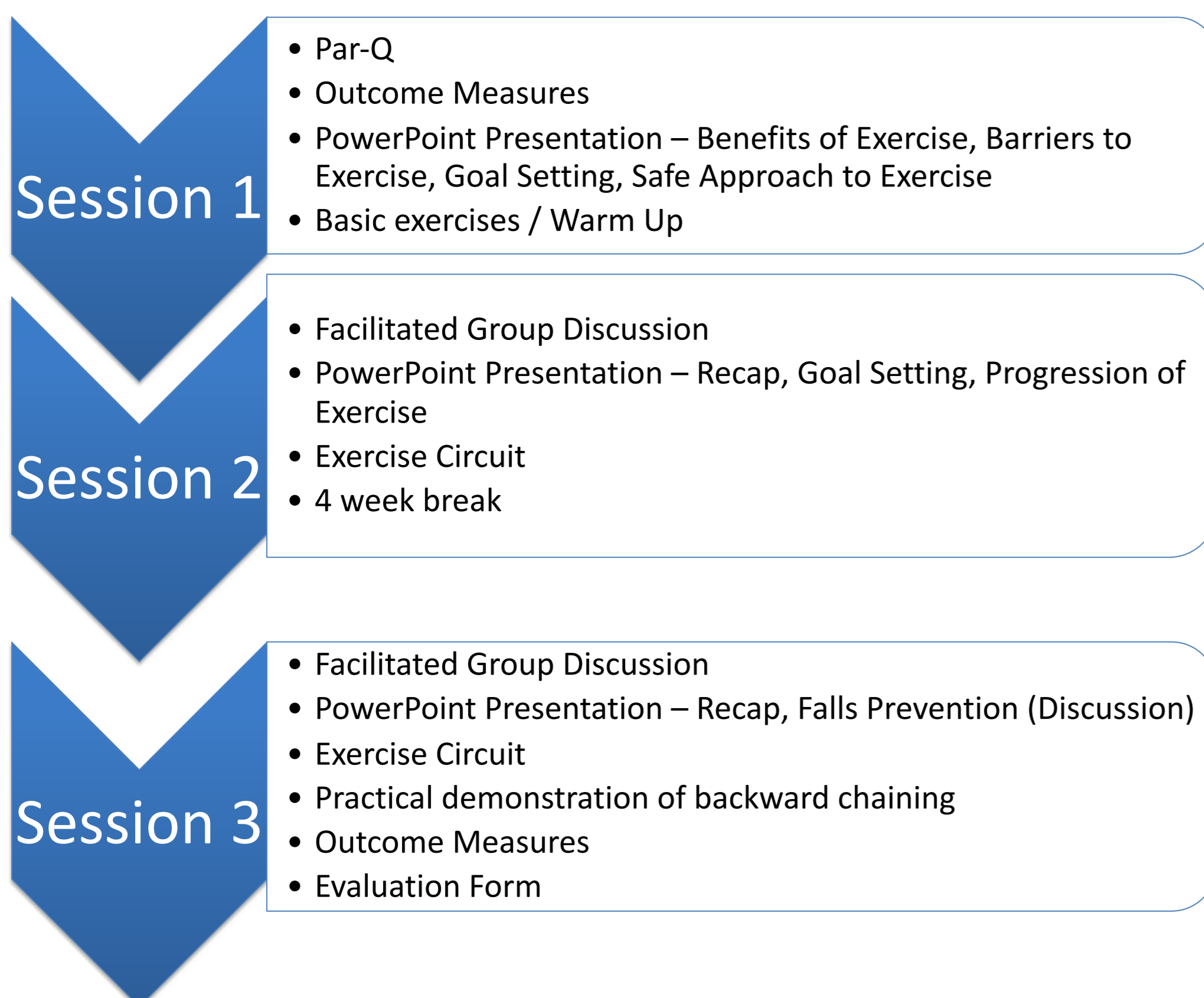


## Session Content :

- 3 x 1 ½ hour theory and practical sessions in a Rehab Gym setting
- Group of approx. 10 patients
- Two Physiotherapists and one Therapy Assistant
- Location CRU (Complex Rehabilitation Unit) gym
- Time 10.30 – 12.00 Tuesdays

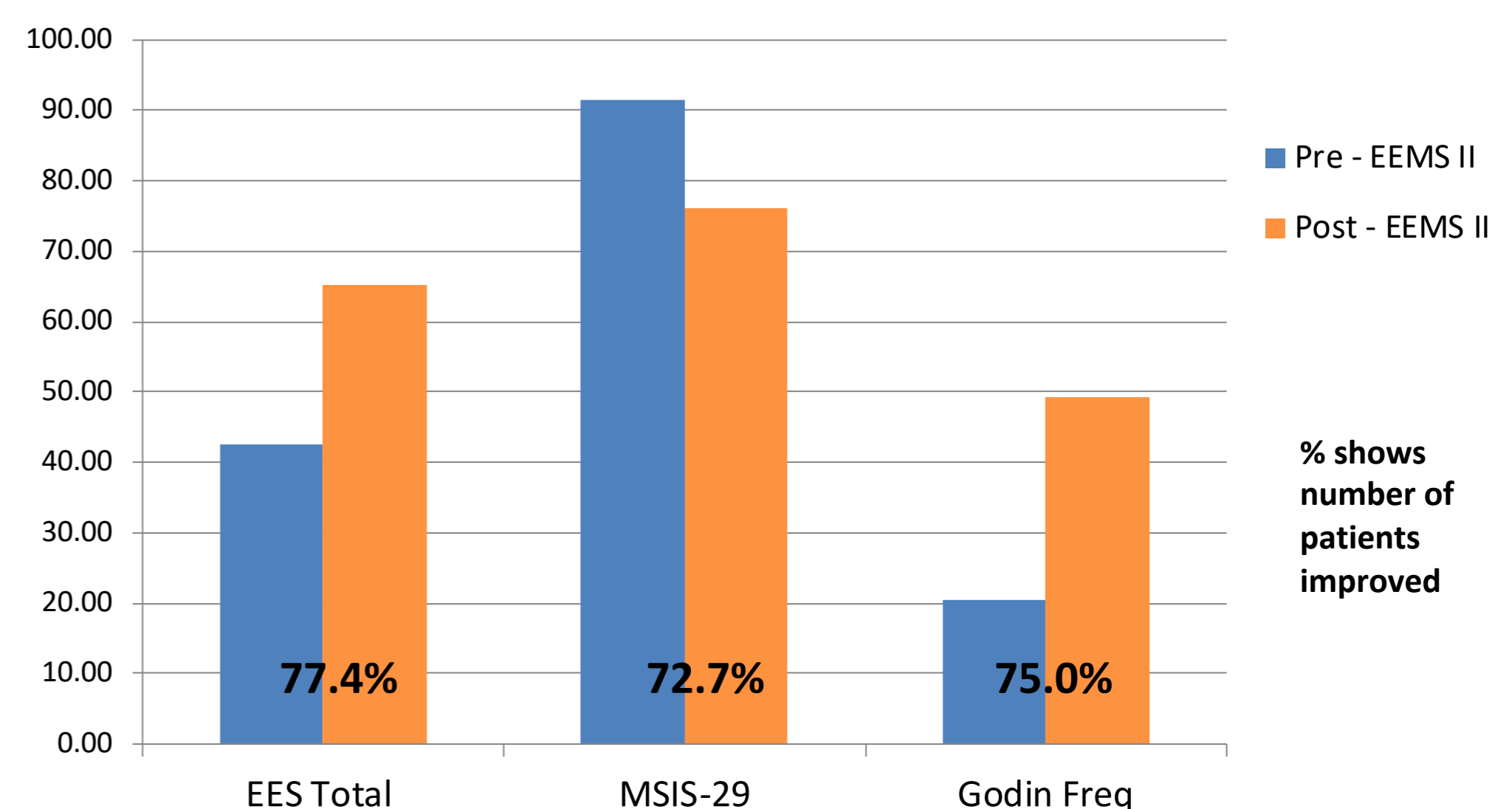


## Session Format:



## Outcome Measures:

EEMS II Outcome Measures May 2017 - August 2018



## Feedback:

The sessions were very useful and have learned lots

I have learned from the sessions that practicing balance can help prevent falls

Lovely team very informative and understanding

## Conclusion:

There was generally an increase in exercise efficacy, a reduction in MS disability impact and an increase in activity frequency in patients after attending the exercise sessions.

## Future Development Plans:

- Increased emphasis on goal setting
- Follow up session after 12 weeks to review progression
- Greater information on appropriate local exercise groups/facilities to signpost patients to

## References:

Multiple sclerosis in adults: management  
NICE guidelines [CG186] Published date: October 2014  
Consider supervised exercise programmes involving moderate progressive resistance training and aerobic exercise to treat people with MS who have mobility problems and/or fatigue. [1.5.11]

Department of Health NHS Outcomes Framework 2016-17  
Domain 2: Enhancing quality of life for people with long-term conditions

MS TRUST. *Exercises for people with MS*. 2014.  
<https://www.msstrust.org.uk/life-ms/exercise/build-your-own-exercise-routine> (accessed 1<sup>st</sup> August 2018).

MS Society. <https://www.msociety.org.uk/care-and-support/everyday-living/staying-active#> (accessed 1<sup>st</sup> August 2018)