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(P21) “SPASTICITY: TAKE CONTROL,” A NEW DVD, PRESENTS AN EDUCATIONAL PROGRAM FOR MANAGING MULTIPLE SCLEROSIS SPASTICITY
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Background: Over 70% of people with multiple sclerosis (MS) have spasticity. Spasticity varies from mild stiffness to severe, painful muscle spasms. In 2003 the Spasticity Management in MS guideline was published. Although the written document was disseminated to health-care professionals, currently there is no user-friendly mechanism for disseminating recommendations to people with MS and health-care providers. Objectives: The objective is to provide an educational program for people with MS and health-care professionals on treating and managing MS spasticity. “Spasticity: Take Control” features MS health-care professionals and people with MS discussing spasticity management in an entertaining and informative format. The program alternates between brief professional summaries of the topics and personalized descriptions by people with MS sharing their successful management experiences. Methods: A new DVD that could be shown through websites, physician offices, or face-to-face presentations was created to highlight many of the recommendations of the spasticity guideline. Professionals include Dennis Bourdette, MD, chairman of neurology at Oregon Health & Sciences University and codirector of the VA MS Center of Excellence–West; Jodie Haselkorn, MD, chairman of the spasticity guideline panel and professor, University of Washington, and director of the VA MS Center of Excellence–West; Cinda Hugos, MS, PT; and Lois Copperman, PhD, OTR. The DVD includes 11 people with MS sharing their personal experiences with medications; modifications for homes, cars, and work; exercise; and procedures such as intrathecal baclofen pumps and Botox injections. Excerpts of the DVD will be shown to illustrate the key points of spasticity treatment and management. Results: “Spasticity: Take Control” will be available to educate patients and health-care professionals. Dissemination may occur through websites of the Consortium of Multiple Sclerosis Centers, Paralyzed Veterans of America (PVA), VA MS Center of Excellence MS centers, the National Multiple Sclerosis Society, and Medtronic, as well as through patient and professional presentations. Conclusions: “Spasticity: Take Control” has been created to disseminate the highlights of the spasticity guideline through an easy-to-use DVD program. The engaging presentation is appropriate for both people with MS spasticity and health-care providers.

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