(W25) A STEPWISE APPROACH FOR THE TREATMENT OF INTENTION TREMOR

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**Background:** To improve function in people with multiple sclerosis (MS) and tremor, therapists use a variety of techniques. Evidence to support them is limited, and there is no systematic protocol for administering these interventions. As such, there is an urgent need for a systematic, evidence-based approach for the treatment of upper limb intention tremor (ULIT) to address functional goals in people with MS. A preliminary study was completed to determine whether behavioral strategies and assistive devices administered using a systematic protocol were feasible with MS clients. The response to the protocol was positive. Using the results of that preliminary work, the current study made revisions to the protocol, and it is this modified protocol that is being tested in this study. **Objectives:** To test and provide initial evidence for the feasibility of an occupational therapy stepwise approach for the treatment of intention tremor (SWAT-IT) to improve function of eating and handwriting tasks in participants with MS and ULIT. **Methods:** Participants were recruited through the University of British Columbia’s MS clinic with a target sample of 30. Behavioral strategies and assistive devices are included in the SWAT-IT protocol to manage and improve function in handwriting and eating tasks for people with MS and ULIT. They were systematically introduced and removed to determine the most successful interventions. If more than one strategy was found useful, the techniques were coupled. Determination of the success of the interventions was completed by the participants and evaluated by the therapist. Participants used the most successful technique(s) daily for a week following the intervention session and completed daily evaluations to determine the ongoing use and impact. At 1 month post-intervention, a follow-up was completed to evaluate the retention of tested interventions. **Results:** Data collection is under way. It is expected that individuals with MS will develop their unique combination of strategies that will enable improved performance in eating and handwriting tasks. **Conclusions:** The SWAT-IT intervention for ULIT in MS is a unique, systematic, and clinically useful treatment. Future work includes conducting a randomized controlled trial to test the effectiveness and retention of SWAT-IT.

**Disclosure:** S. Forwell: Teva Neurosciences (honoraria). E. Slack, R. McDonald: Nothing to disclose.

**Keywords:** rehabilitation strategies and therapy and MS, management of activities of daily living in MS, symptomatic treatment of MS