

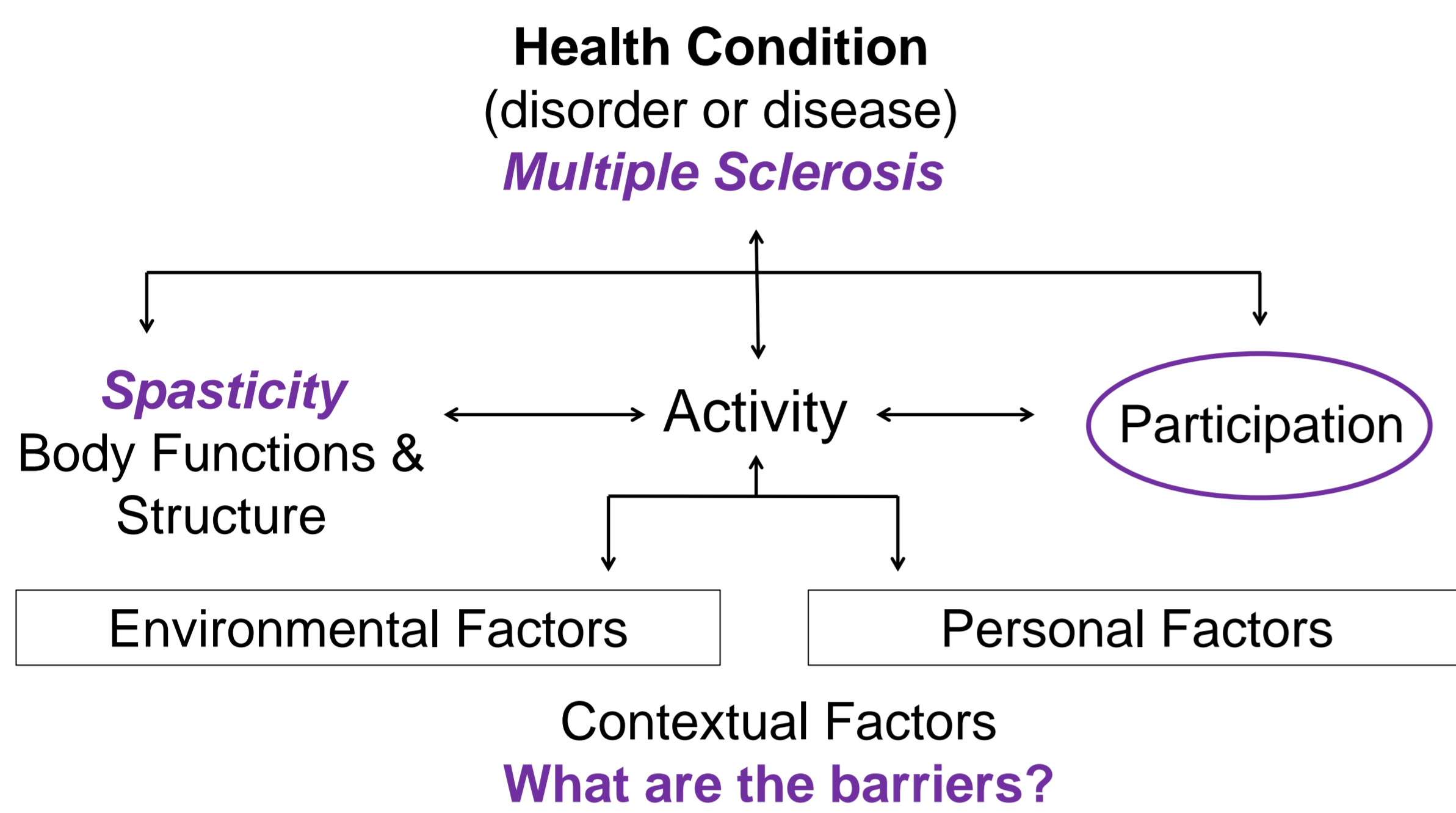
An Occupational Therapy perspective on the prescription of Sativex

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Background and Aim

- Sativex is a cannabis-based medication used to treat spasticity in Multiple Sclerosis (MS).
- It was recommended for use in England by the National Institute for Health and Care Excellence (NICE) in 2019¹.
- An innovative Sativex service that involves occupational therapists (OTs) working in conjunction with a physiotherapist has been piloted at The Walton Centre.
- It is good practice to include OTs in the assessment and treatment of spasticity²
- OTs have expert skills in supporting people to overcome barriers that may prevent participation in meaningful activities. Spasticity can be one of those barriers.
- The aim of this poster is to share our reflections since the commencement of the service to support OTs to be involved in the process of prescribing Sativex.

Why does it matter?



Biopsychosocial Model of Disability (WHO, 2002)

The biopsychosocial model³ shows the complexity of disability and helps to demonstrate the impact OTs have on a person's level of functioning.

The value of OT lies in our ability to acknowledge all of the barriers to activity (medical or social) which are unique to the individual.

By addressing those barriers, we enable **participation**.

Participation is important as it has been shown to improve mood, enhance physical fitness and reduce reliance on others.

Sativex not only reduces spasticity, but helps people to participate in **activities** and can improve overall **well-being**.

This is the core philosophy of occupational therapy.

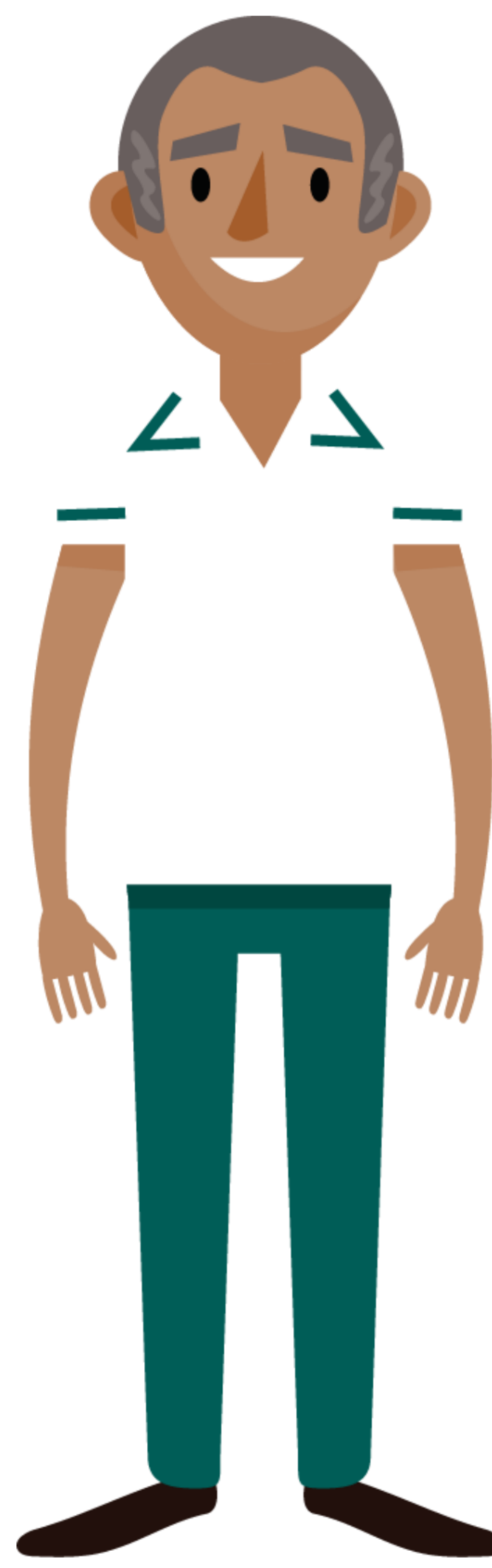
What did we do?

"I want to be able to go to a local café with my wife for coffee."

"I want to be able get in and out of the car independently."

"I want to be able to wash the dishes standing up."

"I want to be able to sleep for 4 hours."



Assessment

How does spasticity effect your life?
How do your physio needs impact your function?

Goal-Setting

Canadian Occupational Performance Measure (COPM)⁴
What activities are important to you?
How well do you feel you perform this activity?
How satisfied are you with this?

Action

Address any immediate therapy needs
Sativex provided by prescriber

Review (4 Weeks)

Review performance and satisfaction using COPM

What can an Occupational Therapist add to a Sativex service?

Person

The intervention is **holistic** and **person-centred**

Capturing **subjective change** not just objective

Enabling **participation** in activities

Managing expectation through goal setting

Addressing the activities **important** to the person

Positive experience of health services

Professional

COPM is a person-reported scale and can measure if there is a 20% reduction in spasticity as per **NICE guidelines**¹

Promotion of role and demonstration of the **value of OT** to other health professionals

High quality service provided to clients

Working with wider MDT such as pharmacists.

Investment and adherence to intervention

Following **best practice** guidelines

COPM **shows change** for patient even when other functional measures don't

"...it may be a small change, but it's massive to me."



The Walton Centre
NHS Foundation Trust

1. National Institute for Health and Care Excellence (2021) 'Cannabis-based medicinal products' [Online] Available from: <https://www.nice.org.uk/guidance/ng144/chapter/Recommendations#spasticity>
2. Neurology Academy (2021) 'Prescribing Sativex for spasticity in MS – how to establish shared care in your local health system' [Online] Available from: <https://neurologyacademy.org/events/webinar/prescribing-sativex-for-spasticity-in-ms-how-to-establish-shared-care-in-your-local-health-system>
3. World Health Organisation (2002) Towards a Common Language for Functioning, Disability and Health ICF [Online] Available from: <https://www.who.int/classifications/icf/icfbeginnersguide.pdf>
4. Canadian Occupational Performance Measure (1991) Available at: <https://www.thecopm.ca/>