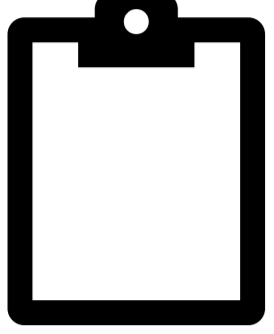


Background

In a 2021 survey,
 **90%**

of >4000 people with MS experienced fatigue.⁵

(1)

Despite fatigue having the largest impact on quality of life⁶, only **31%**

had been offered a fatigue treatment.⁵

(2)

Research suggests that both exercise...



...and cognitive behavioural therapy (CBT) can reduce fatigue in MS.⁷

(3)

However, only **3% and 6%**

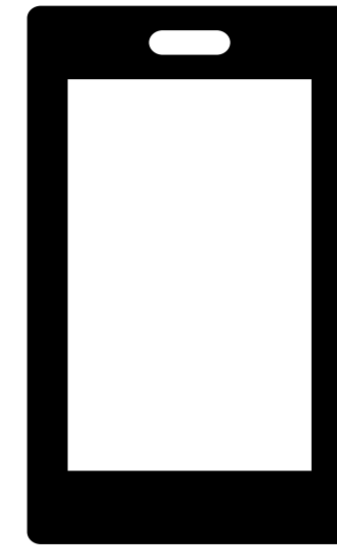
of people living with MS are offered exercise and CBT treatments, respectively.⁵

(4)

Aims

- To develop an app-based treatment to reduce fatigue for people living with MS.
- Ensure this treatment can be implemented into routine NHS care across the UK.

App Description



We're still in the early stages of development, but we plan for the app to:

- Focus on activity, balance, and CBT approaches.
- Allow people with MS to choose what they want to focus on.
- Be minimally guided by healthcare professionals (HCPs), such as occupational therapists or physiotherapists.
- Have a platform on the app for HCPs to help people with MS move through the app-based treatment.

What will happen during the REFUEL-MS programme?

(1) Intervention Development

Develop an alpha version of the fatigue treatment app, and preliminary HCP training to minimally guide app.

Method:
Qualitative focus groups and co-production surveys with HCPs.

(3) Intervention Optimisation

Refine the features, functions, and usability to produce a beta version of the app.

Method:
Iterative case-series - using questionnaires, interviews, & app data.

(5) Intervention Evaluation

Assess the clinical and cost-effectiveness of the app, and test the implementation strategy.

Method:
Stepped-wedge cluster randomised controlled trial, measuring the effect of the app on fatigue severity (and impact) and implementation outcomes.

We are here

Year 1

Year 2

Year 3

Year 4

Year 5

(2) Intervention Reach

Tailor the app to people with MS from different backgrounds (especially seldom-heard groups). Understand how paid/unpaid carers may impact app delivery.

Method:
Qualitative focus groups & interviews.

(4) Implementation Strategy Refinement

Identify barriers and facilitators to integrating the app into MS services across the UK, to optimise the implementation strategy.

Method:
Iterative case-series - using questionnaires, clinical observations, & qualitative interviews.

(6) NHS Integration

Create a sustainable model to implement the app into routine NHS care in the long-term. Translate to other inflammatory long-term conditions (LTCs).

Method:
Workshops with stakeholders (Policy Lab), and people with other LTCs.

Involving healthcare professionals (HCPs) in our research

Why do we need to involve HCPs?

- To understand what is realistic for healthcare professionals in terms of guiding the treatment.
- To ensure the app can be used routinely in MS services.

What will we do with these findings?

The input from HCPs will influence app development (esp. how we build the HCP platform) and how we create a training or support package for HCPs, to help them guide people through the app-based treatment.

How are we involving HCPs now?

Focus groups

How do HCPs assess, understand, and manage fatigue in MS?

How could they see our app being implemented into their service?

Co-production

HCPs giving direct input into app development.

E.g., through surveys about app functions, content, and usability.

Would you like to get involved?

We are recruiting healthcare professionals now – please take a handout to find out more!

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 refuel-ms.com

 @refuelms

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 REFUEL MS

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