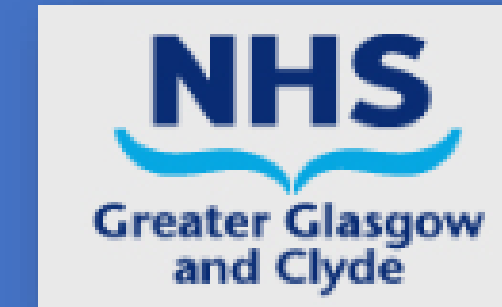


The Set up of a Multi-Disciplinary Walking Clinic for Patients with Multiple Sclerosis in a Third Sector Setting.



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Background

- 3 out of 4 people with MS will experience walking impairment at some point in their life
- 80% of people referred to physiotherapy at Revive MS Support have a walking disability
- Many of these people will have been provided with an Ankle Foot Orthosis (AFO)



Aim

- Investigate reasons for non-compliance with AFOs
- Explore the impact of education on compliance.
- Use video capture to aid feedback
- Explore the benefits of multi-disciplinary working between an Orthotist and Physiotherapist.



Method

A monthly MS specialist clinic at Revive, with combined Orthotics and Physiotherapy input was piloted. All patients were screened by a Revive Specialist Physiotherapist, ensuring the target audience were patients with existing orthoses which were not being utilised regularly. An extended appointment length allowed for a detailed physical assessment and video analysis as well as a discussion of findings. Patients were filmed using the Hudl app, whilst completing a 10m timed walk; barefoot, with shoes and with each orthoses. Onward referrals were made from the walking clinic to implement recommendations based on assessment and discussion with each patient.

Results

Subjective feedback was gathered from all participants;

- 56% strongly agree that they have better knowledge of the role Orthotics play in improving the quality of their walking.
 - Of those 56% (9 patients) 66% strongly agreed they are now wearing their AFOs more.
- 58% Strongly agree they felt a benefit of the multi-disciplinary approach.
- 94% Strongly agree/agree they have a better knowledge and understanding of how their MS affects their walking.
- 100% would recommend this service to other clients that have MS.



“Having two expert professionals giving me individualised advice was extremely beneficial”

“The Physiotherapist points out your walking error, the Orthotist gives assistance with aids to help your walking then they both show you how to adapt.”

“I felt so much better now understand problem and aids available to me.”

Patient Feedback

“Felt video was very helpful. Helped me understand about the forces and role of a splint.”

“Helpful to see video of myself walking and hear comments from Orthotist/Physio to benefit me.”

Discussion

- AFO compliance is multi-factorial.
- MS Revive provides a relaxed, patient centred experience with the longer appointment times enabling patients to discuss their walking in more detail.
- Video feedback is a useful tool to explain complex gait deviations.

Conclusion

The majority of patients attending the clinic had a suitable orthosis to meet their functional needs however did not view it as a beneficial tool to aid their walking. Video feedback and discussions around the role of an orthoses proved instrumental in engaging the patients in their orthotic care.

