

## Annual physiotherapy reviews in people with MS and an intrathecal baclofen pump: an opportunity for updated physical management, onward referrals and feedback on physical status.

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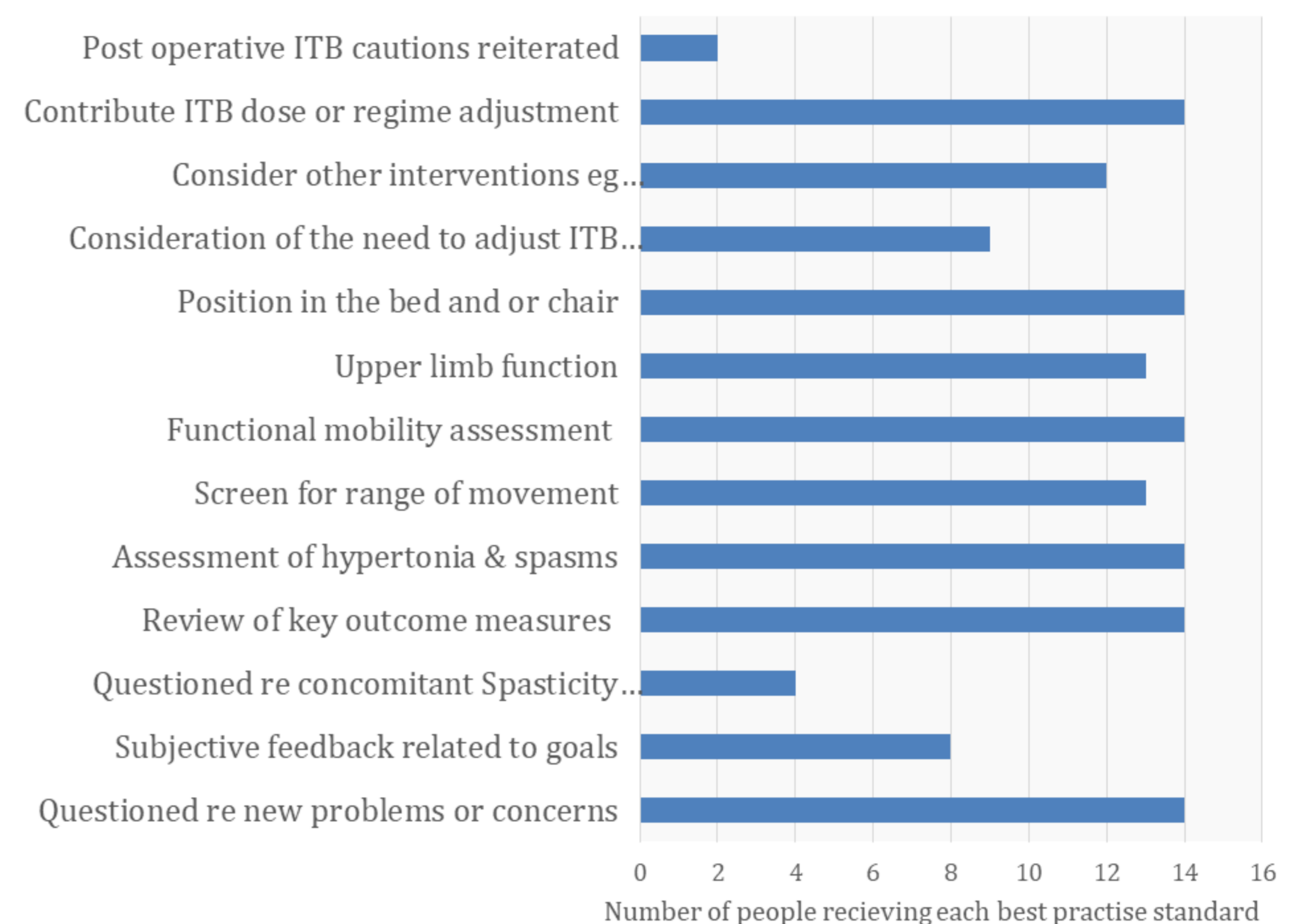
### Introduction

- Intrathecal baclofen (ITB) is used for symptomatic management of spasticity and spasms in people with Multiple Sclerosis (PWMS).
- ITB therapy can be adapted and modulated as PWMS symptoms and function changes along the disease course.
- An annual physiotherapy review for people with ITB is recommended in the UK ITB Consensus Guidelines and offered to every patient with an ITB pump at NHNN.
- An audit tool was developed and piloted on a cohort of patients with ITB (N=15) in 2017 as part of a service evaluation. The audit tool was then refined and used in a further audit in 2018 focussing solely on patients with MS.

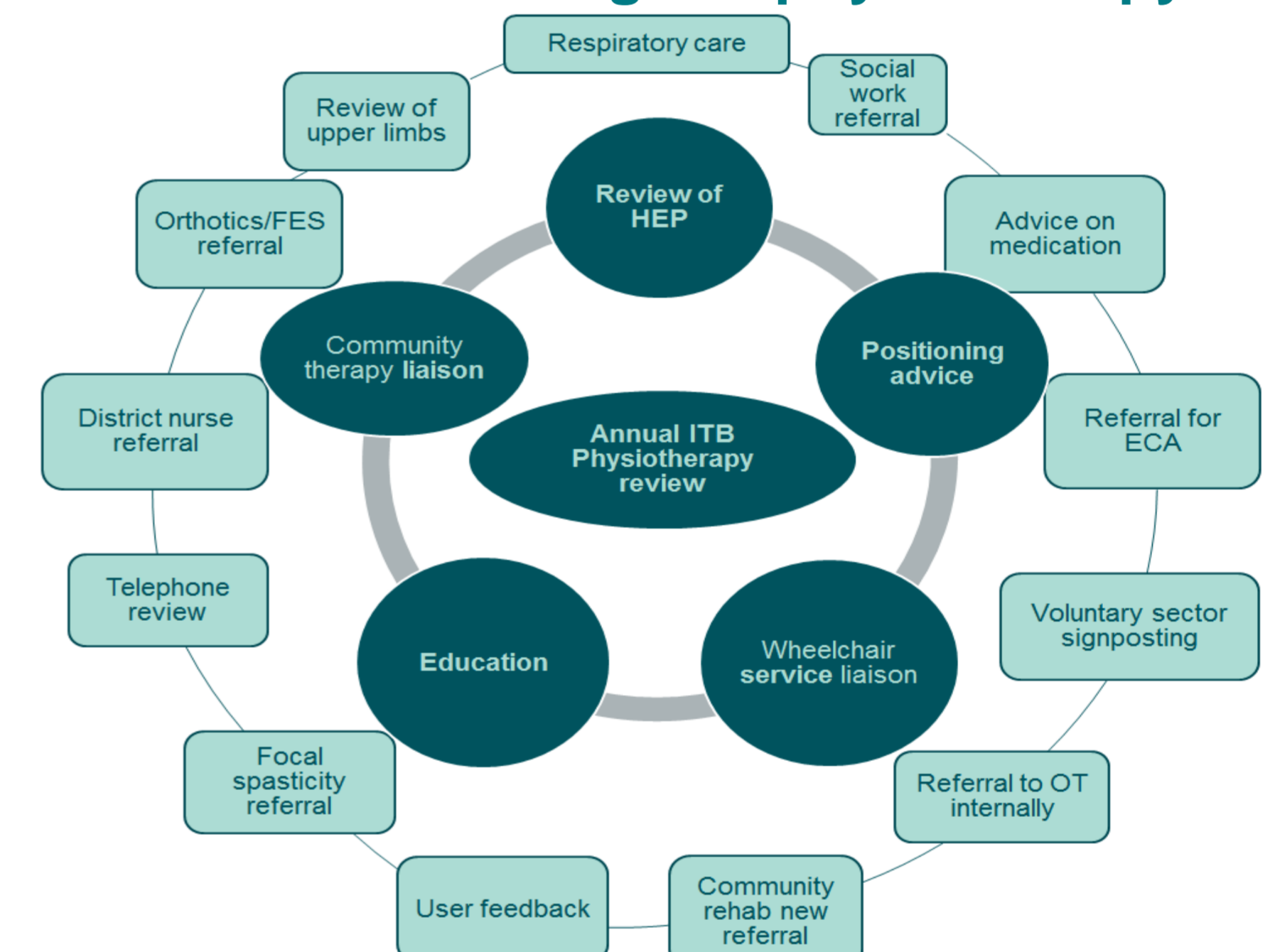
### Method

An audit was completed of PWMS and ITB to compare the content and frequency of ITB physiotherapy reviews against the best practise guidelines, retrospectively over a 3 month period using electronic copies of clinical notes. From pilot data, a list of common outcomes of ITB physiotherapy reviews had been developed and was utilised in this audit to capture more detail on interventions offered in these reviews. The data has been evaluated for themes and following on from this action plans have been formulated.

Attainment of 13 best practise standards for ITB physiotherapy review



### Outcomes for PWMS following ITB physiotherapy review



The most common interventions at these appointments were: updating home exercise programmes, providing education regarding physical management, positioning advice and referral to their local wheelchair service. Most ITB patients received onwards referral or signposting to a wide variety of health and social services, as well as charity organisations.

Informal patient feedback indicated the review helped motivate PWMS for the year ahead and promoted self-management.

### ITB Annual Physiotherapy Review Paperwork

Spasticity Service: ITB Yearly Review				Resting Angle		Full Passive Range (Neutral-0)				Tone (Ashworth Scale)				Power (MRC)
Name	DOB	Date	Date of last review	R	L	R	L	R	L	R	L	R	L	
Hospital No		Current ITB dose	mcg											
Accompanied by: Community team:		General trend in ITB changes												
Transport: Own / taxi / public / hospital		Oral medications relevant to spasticity												
Key goals of today's session:				Gait or transfers:										
Posture/Seating (take photograph if possible) Chair type and cushion				Falls?										
Bed positioning (take photograph if possible): bed type and cushion				Exercise (stretching/passive & active movement programme/standing)										
Spasms & Clonus				ITB related goals/dose implications:										
Trigger Factors including Bladder and bowels/skin				Recommendations										
Numerical Rating Scale:				HCP's involved										
Pain /10				Physiotherapist:										
Stiffness /10				Date:										
Comfort /10														
Respiratory function (chest infections, voice clarity, strength of cough, swallowing)														

### Results

- 63% of people with ITB pumps under the care of NHNN have MS (N=109).
- In the 3 months (June-Aug 2018), 15 annual ITB reviews were carried out.
- 82% of these patients have had up to date annual ITB physiotherapy review.
- 13 standards of best practise were evaluated and of these; 7 were achieved for all patients and 9 were achieved in at least 80% of patients.
- The lowest adherence was seen in the reiteration of ITB precautions and in the discussion of concomitant spasticity treatments.

### Conclusion

Annual PT reviews for PWMS and ITB provide an opportunity for patients to receive advice regarding a physical management plan appropriate to their needs and functional status, as well as referral on to community based therapies and support services.

#### Future steps should include:

- written information to support the review process and ensure standardised delivery of key information such as precautions post pump.
- a survey of the experience of PWMS undergoing ITB physiotherapy review to further shape the service and national guidelines.
- a re-audit to assess the effect of the above changes.

### References

1. National Steering Group of Physiotherapists Working in ITB (2015) "The role of the Physiotherapist in the Management of individuals with Intrathecal Baclofen - a Consensus document".