# Development and planned implementation of Refuel $\Psi$ - a healthcare professional (HCP)-guided digital selfmanagement treatment for fatigue in multiple sclerosis (MS)

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#### **BACKGROUND**

- Around 90% of people living with multiple sclerosis (pwMS) experience fatigue.<sup>1</sup>
- Cognitive behavioural therapy (CBT) and exercise are recommended treatments for MS fatigue, but fewer than 10% of pwMS receive such treatments tailored to fatigue. 1,2,3



#### WHAT IS REFUEL-MS?

- A 16-week app-based intervention with weekly sessions focusing on CBT, physical activity, or balance exercises.
- Guided by healthcare professionals (HCPs) such as occupational therapists, physiotherapists and psychologists, in four remote appointments and inapp messages.

#### AIMS

- To provide a scalable and evidence-based way to treat MS fatigue.
- To meet the needs of a diverse range of pwMS and reach seldom-heard groups within the MS community, including those who are older, male, LGBTQ+, from minoritised ethnic backgrounds, live with progressive types of MS, varying levels of disability, lower digital literacy, and lower socioeconomic status.

## **PROCESS**



## **Evidence base**

Used existing evidence to develop a theoretical model of MS fatigue and an intervention logic model



## Qualitative studies

with HCPs, pwMS and caregivers to understand experiences and needs for fatigue treatment



## Co-production workshops

with pwMS and HCPs to inform intervention content and functionality



#### Collaboration

with a Patient Advisory Group, diversity experts, underserved MS communities and HCPs to adapt the app in line with patient and service needs

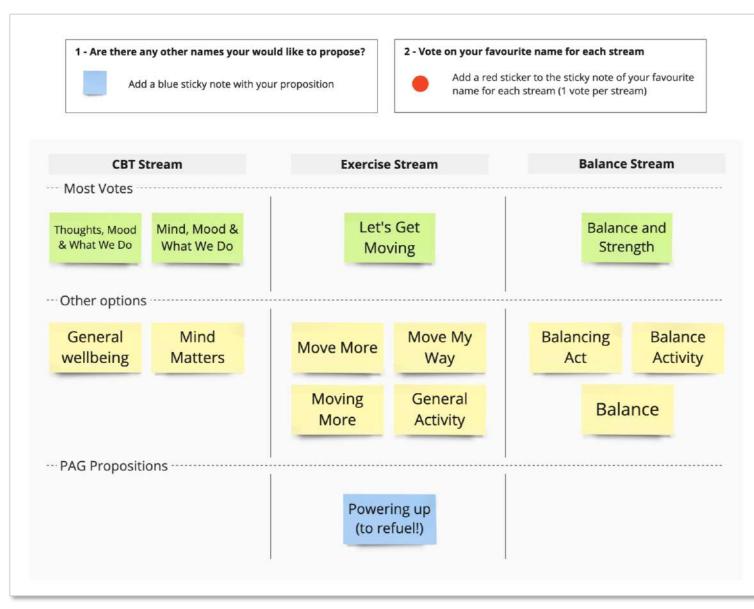


## Acceptability study

with 30 pwMS to inform app optimisation for future implementation

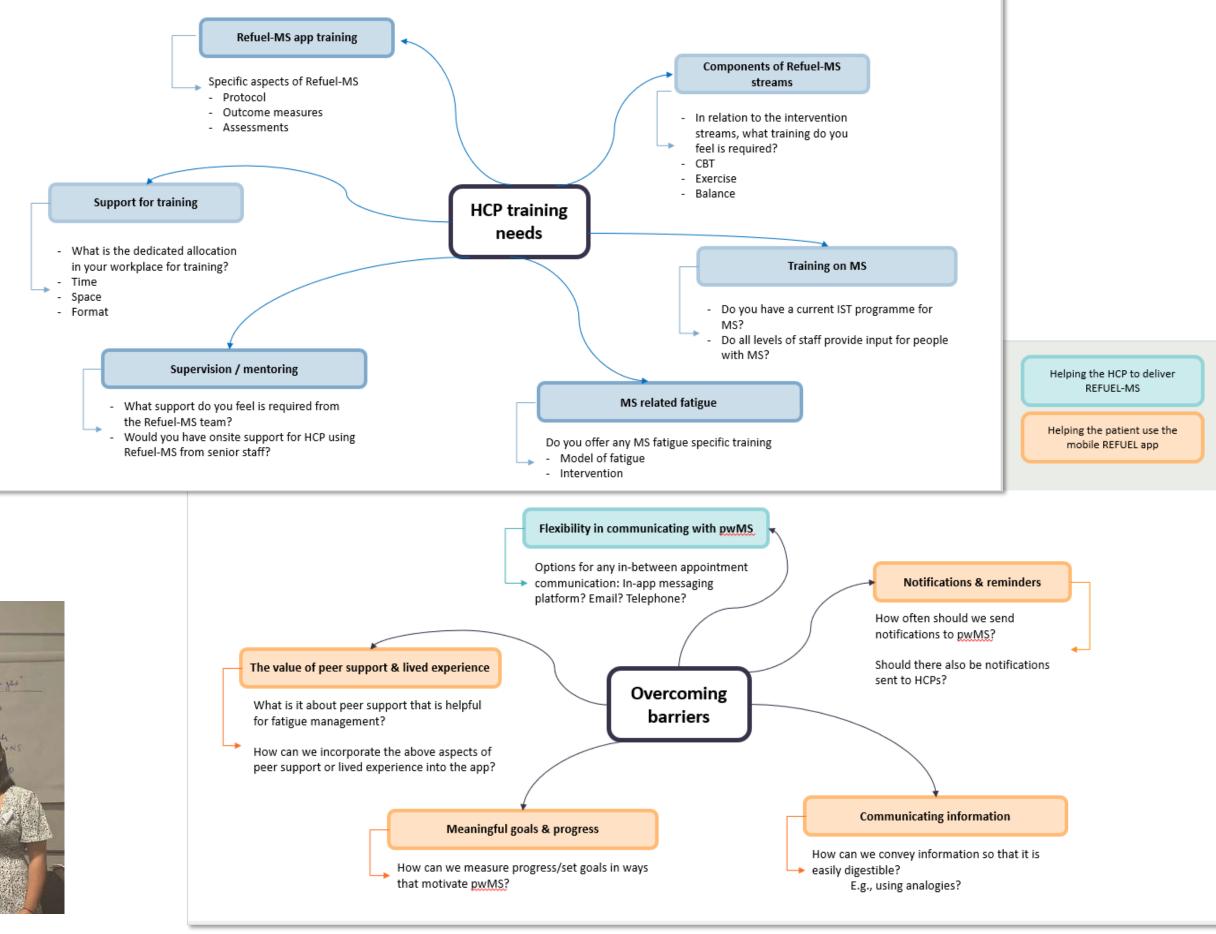
## **CO-PRODUCTION**

## **PwMS Workshops**

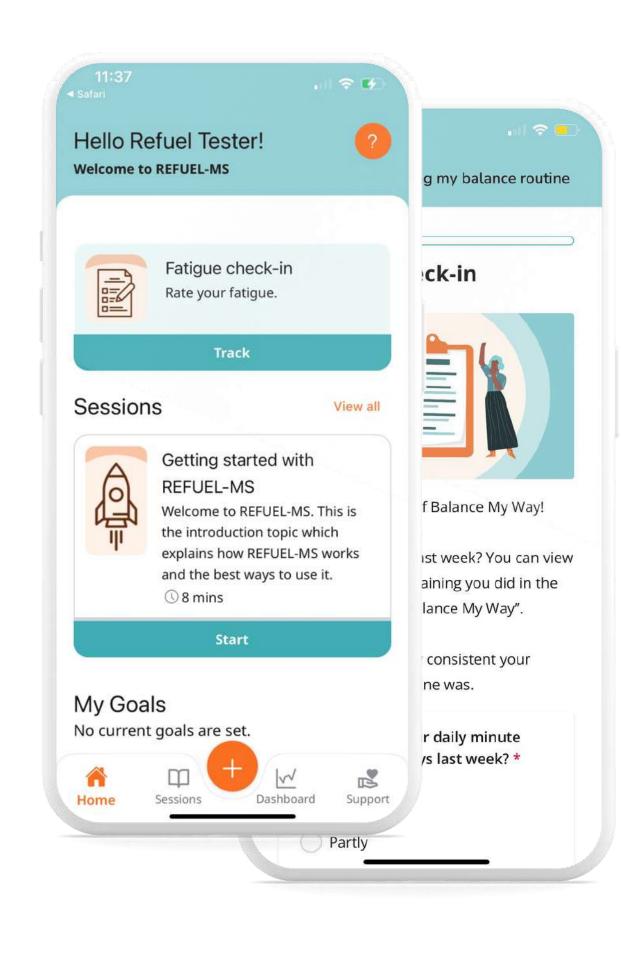




## **HCP Workshop**



## The Refuel MS App



## **NEXT STEPS**



Recruit and train HCPs to support the clinical **RCT** 



RCT: To evaluate clinical, cost-

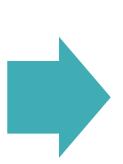
effectiveness & safety

of the app vs

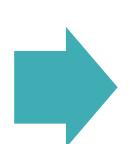
treatment as usual



NHS-based mixedmethods iterative case-series study to assess real-world effectiveness



Compare between centralised and NHS delivery to inform most feasible implementation pathway



Implement the REFUEL-MS app in routine MS care

Implementation outcomes will be assessed throughout using **Normalisation Process Theory.**4

## REFERENCES

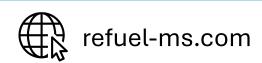
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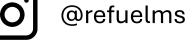
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## **FOLLOW US**













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