

Development and planned implementation of Refuel^{MS} – a healthcare professional (HCP)-guided digital self-management treatment for fatigue in multiple sclerosis (MS)

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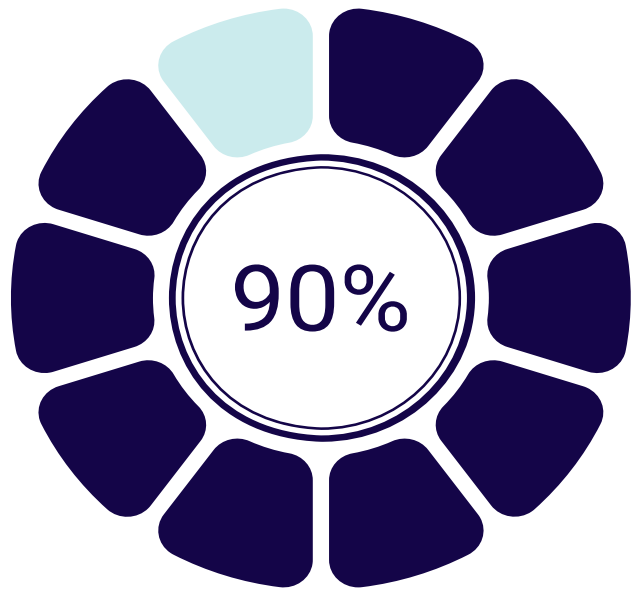
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BACKGROUND

- Around 90% of people living with multiple sclerosis (pwMS) experience fatigue.¹
- 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}



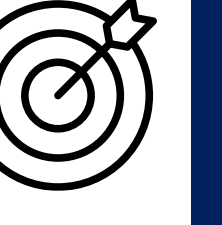
WHAT IS REFUEL-MS?

- 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 in-app messages.

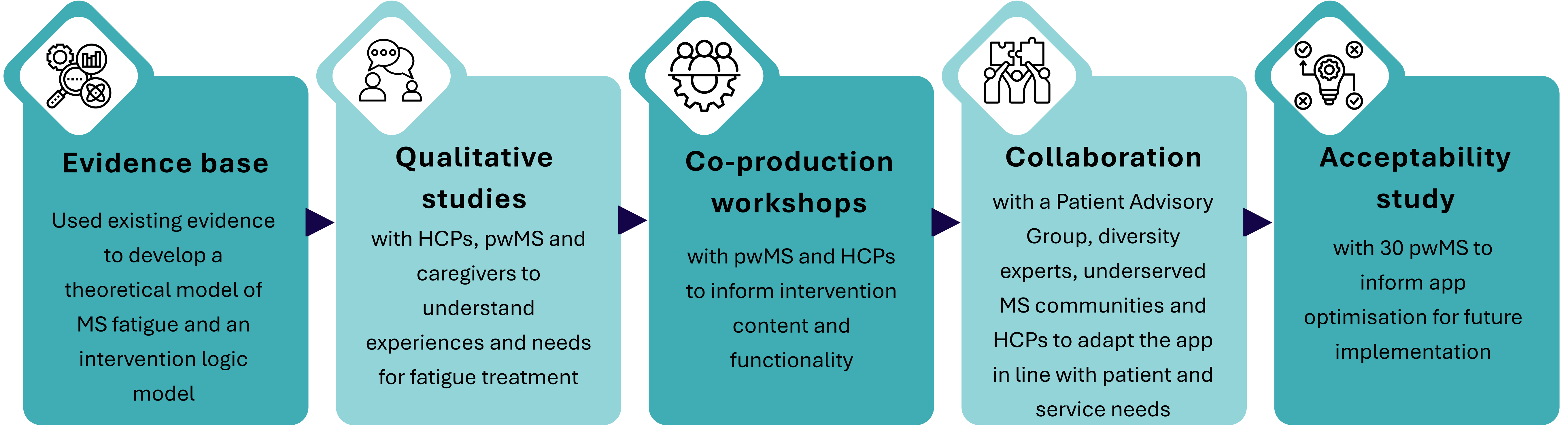


AIMS

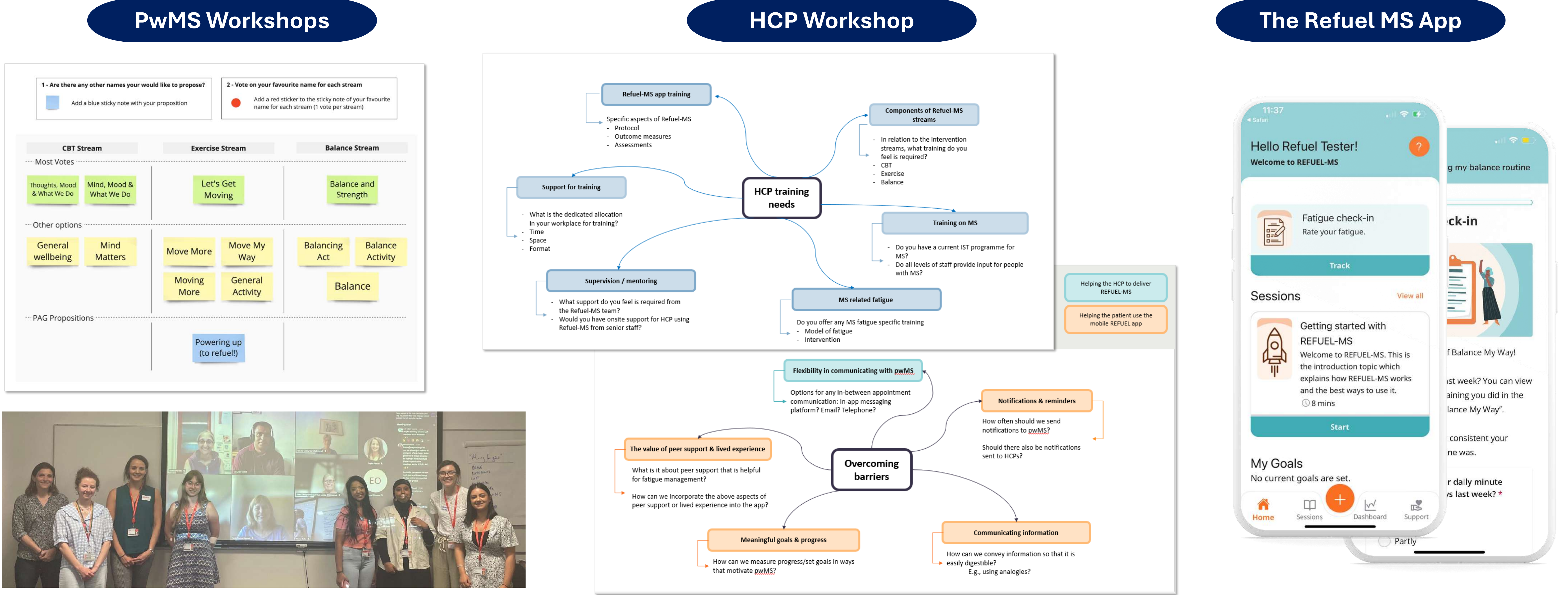
- To provide a scalable and evidence-based way to treat MS fatigue.
- To meet the needs of a diverse range of pwMS and reach seldom-heard groups within the MS community, including those who are older, male, LGBTQ+, from minoritised ethnic backgrounds, live with progressive types of MS, varying levels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



PROCESS



CO-PRODUCTION



NEXT STEPS



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

REFERENCES

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