

Constructing an Adaptive Care Model for the Management of Disease-Related Symptoms Throughout the Course of Multiple Sclerosis

Resources for Stage B Interventions/Action Plans

Below is a list of resources and activities available to MS centers and clinicians, for implementation as part of Stage B. Please select the education to include in action plans based on what is most relevant to your needs, and the actions that you feel will be most helpful in achieving the goals identified. This is not a comprehensive list of resources or interventions available for Stage B; you may determine other education or action plan components that are more relevant based on your specific performance goals.

Tool Available for Action Plan	Description
General MS Symptom Management	
Review of Quality Indicators for MS	Cheng EM, Crandall CJ, Bever CT Jr, Giesser B, Haselkorn JK, Hays RD, Shekelle P, Vickrey BG. <i>Mult Scler.</i> 2010;16:970-980. Available at http://www.ncbi.nlm.nih.gov/pubmed/20562162
Implementation of Best Practices (Assessment Scale)	Expanded Disability Status Scale (EDSS). NMSS. Kurtzke. Available at http://www.nationalmssociety.org/for-professionals/researchers/clinical-study-measures/fss-and-edss/index.aspx
MS-related Depression	
Review of Consensus Statement	The Goldman Consensus statement on depression in multiple sclerosis. Goldman Consensus Group. <i>Mult Scler.</i> 2005;11:328-337. Available at: http://www.ncbi.nlm.nih.gov/pubmed/?term=Goldman+Consensus+Depression+in+MS
Implementation of Best Practices (Assessment Scale)	U.S. Preventive Services Task Force two-question screening test for depression. Wallin MT, Wilken JA, Turner AP, Williams RM, Kane R. <i>J Rehab Res Dev.</i> 2006;43:45-62. Available at http://www.rehab.research.va.gov/jour/06/43/1/page45.html
Implementation of Best Practices (Assessment Scale)	Patient Health Questionnaire (PHQ-9). Kroenke K, Spitzer RL, Williams JB. <i>J Gen Intern Med.</i> 2001;16:613. Available at http://www.ncbi.nlm.nih.gov/pubmed/11556941
MS-related Fatigue	
Review of CMSC Clinical Practice Guideline	MS Clinical Practice Guideline: Fatigue and Multiple Sclerosis. Available at http://www.pva.org/site/apps/ka/ec/product.asp?c=ajlRK9NjLcJ2E&b=6423003&en=ajKJIXMDJ9KSJ7PGK8JPI4MRinJUL3PIIhKVJeOYJxG&ProductID=907097
Review of NMSS Expert Opinion Paper	Management of MS-Related Fatigue. NMSS. Expert Opinion Paper. 2006. Available for download at http://www.nationalmssociety.org/about-multiple-sclerosis/what-we-know-about-ms/symptoms/fatigue/index.aspx . Scroll to the bottom of the page and click on the link titled "Expert Opinion Paper. Management of MS-related Fatigue."
Implementation of Best Practices	Systematic Approach to Fatigue Management. Braley TJ, Chervin RD. <i>Sleep.</i> 2010;33:1064. Available at http://www.ncbi.nlm.nih.gov/pubmed/20815187

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MS-related Mobility Impairment	
Implementation of Best Practices (Assessment Scale)	Functional Composite (MSFC). MSFC Administration and Scoring Manual. 2001 Fischer JS, Jak AM, Kniker JE, Rudick RA. MS. Available at http://main.nationalmssociety.org/docs/HOM/MSFC_Manual_and_Forms.pdf
Implementation of Best Practices (Assessment Scale)	12-item MS walking scale (MSWS-12). Hobart JC, Riazi A, Lamping DL, Fitzpatrick R, Thompson AJ. Neurology. 2003;60:1-12. Available for purchase at http://www.ncbi.nlm.nih.gov/pubmed/12525714
MS-related Spasticity	
Review of CMSC Clinical Practice Guideline	Overview of spasticity management in multiple sclerosis. Evidence-Based Management Strategies for Spasticity Treatment in Multiple Sclerosis. Haselkorn JK, Balsdon Richer C, Fry Welch D, et al.. J Spinal Cord Med. 2005;28:167-199. Available at http://www.ncbi.nlm.nih.gov/pubmed/15889701
Implementation of Best Practices (Algorithm)	CMSC Spasticity Management in Multiple Sclerosis Algorithm . Haselkorn JK, Balsdon Richer C, Fry Welch D, et al.. J Spinal Cord Med. 2005;28:174. Available at http://www.google.com/url?sa=t&rct=j&q=&esrc=s&frm=1&source=web&cd=1&ved=0CDAQFjAA&url=http%3A%2F%2Fwww.cdha.nshealth.ca%2Fsystem%2Ffiles%2Fsites%2F122%2Fdocuments%2Fspasticity-management-multiple-sclerosis.pdf&ei=sRhCUcnVCJP62AXP1oGYDw&usg=AFQjCNGGPhdN76uW-dijUp2A_bJQvWtMaA&bvm=bv.43287494,bs.1,d.b2U

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