The Walton Centre NHS Foundation Trust is a tertiary neurological healthcare provider. We are a specialist Multidisciplinary Team (MDT) service for people with Multiple Sclerosis. This exercise education session was initially set up for patients referred from the Fatigue Management programme (FACETS), it has been further developed and progressed following review and feedback from staff and patients.

**Objectives of EEMS:**

- To educate about the benefits of exercise
- To empower patients to be able manage their condition and symptoms through exercise
- To increase confidence and self-efficacy in relation to:
  - Choosing the right type and level of exercise
  - Recognising potential barriers to exercise and how to overcome them
  - Goal setting

**Session Content :**

- 3 x 1 ½ hour theory and practical sessions in a Rehab Gym setting
- Group of approx. 10 patients
- Two Physiotherapists and one Therapy Assistant
- Location CRU (Complex Rehabilitation Unit) gym
- Time 10.30 – 12.00 Tuesdays

**Session Format:**

- **Session 1**
  - Par-Q
  - Outcome Measures
  - PowerPoint Presentation – Benefits of Exercise, Barriers to Exercise, Goal Setting, Safe Approach to Exercise
  - Basic exercises / Warm Up
  - Facilitated Group Discussion
  - PowerPoint Presentation – Recap, Goal Setting, Progression of Exercise
  - Exercise Circuit
  - 4 week break

- **Session 2**
  - Facilitated Group Discussion
  - PowerPoint Presentation – Recap, Falls Prevention (Discussion)
  - Exercise Circuit
  - Practical demonstration of backward chaining
  - Outcome Measures
  - Evaluation Form

- **Session 3**
  - Facilitated Group Discussion
  - PowerPoint Presentation – Recap, Goal Setting, Progression of Exercise
  - Exercise Circuit
  - Practical demonstration of backward chaining

**Outcome Measures:**

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Pre - EEMS II</th>
<th>Post - EEMS II</th>
</tr>
</thead>
<tbody>
<tr>
<td>EES Total</td>
<td>77.4%</td>
<td>72.7%</td>
</tr>
<tr>
<td>MSIS-29</td>
<td>75.0%</td>
<td>72.7%</td>
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<tr>
<td>Godin Freq</td>
<td>77.4%</td>
<td>72.7%</td>
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</tbody>
</table>

% shows number of patients improved

**Conclusion:**

There was generally an increase in exercise efficacy, a reduction in MS disability impact and an increase in activity frequency in patients after attending the exercise sessions.

**References:**

Multiple sclerosis in adults: management
NICE guidelines [CG186] Published date: October 2014
Consider supervised exercise programmes involving moderate progressive resistance training and aerobic exercise to treat people with MS who have mobility problems and/or fatigue [1.3.11]

Department of Health NHS Outcomes Framework 2016-17
Domain 2: Enhancing quality of life for people with long-term conditions

MS TRUST. Exercises for people with MS. 2014.