



American
Occupational Therapy
Association

AOTA ECHO Series on Occupational Therapy Interventions for Adults with Multiple Sclerosis

March 2, 2023



Preparing for the session



To ensure sessions run smoothly, please follow the [AOTA Event Code of Conduct](#).



Use the Q&A feature to submit questions.



Comments in the chat will go to AOTA staff and speakers.



Reminder: The session is being recorded.

Today's Speakers



Suzanne Carron
OTR/L, MSOT



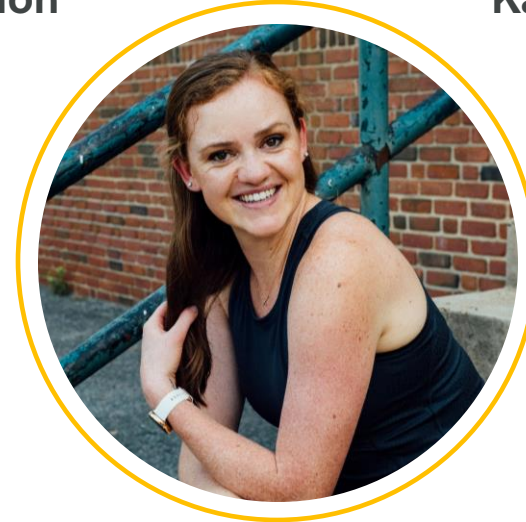
Ashley Uyeshiro Simon
OTD, OTR/L, MSCS



Kathleen Zackowski
PhD, OTR



Mona Sen



Emily Reilly

Learning Objectives

- Demonstrate an understanding of available professional & constituent resources offered by the National MS Society
- Learn from, and interact with, experts with lived experience of MS

Community-based Services and MS



ANQUETTE, DIAGNOSED IN 2013



ANDREW, DIAGNOSED IN 2013



RONA (L), DIAGNOSED IN 1986

National MS Society

The Premier Resource For MS Healthcare Professionals



National
Multiple Sclerosis
Society

Together We Are Stronger.

Agenda

- Intro to the National MS Society
- MS Professional and Patient Resources
- MS Navigator Program
- Other Engagement Opportunities
- Meet individuals with MS

The National MS Society

Mission

We will cure MS while empowering people affected by MS to live their best lives.

Vision

A World Free of MS



The National MS Society

Diversity, Equity, and Inclusion

The National Multiple Sclerosis Society is a movement by and for all people affected by MS.

Our voices and actions reflect diversity, equity, and inclusion.

We welcome and value diverse perspectives.

We actively seek out and embrace differences.

We want everyone to feel respected and be empowered to bring their whole selves to ensure we make the best decisions to achieve our mission.



**National
Multiple Sclerosis
Society**

MS Resources

For Researchers, Providers, and
People Affected by MS

Resources For Researchers

- Research Funding Opportunities
- Research Priorities: Pathways to Multiple Sclerosis Cures
- Participate in MS Studies and Clinical Trials
 - Information for patients to participate in clinical trials and other research studies
 - Search for clinical trials by state or type of MS
 - Find online surveys and other research studies
 - Investigators can post studies for recruitment



Professional Workforce Opportunities

- [MS Clinical Student Mentorships](#)
 - Medical student mentorship
 - Psychology graduate student mentorship
- [MS Clinical Fellowships](#)
 - Multiple Sclerosis Clinical Care Physician Fellowship
 - Institutional Clinical Training Award
- [Research Training Grants and Fellowships](#)
 - Sylvia Lawry Physician Fellowships
- [Internships](#)

Resources for You and Your Practice: Professional Resource Center

- [Diagnosing and Managing MS](#)
- [Find Doctors and Resources](#)
- [Professional Education](#)
 - MSCN/MSCS
 - Current Topics in MS Webinars & CEU
 - ECHO MS
- [COVID-19 Resources](#)
- Clinical Practice Support
 - [Request a Literature Search](#)
 - [Partners in MS Care](#)
 - [Resources and Tools](#)
 - [Professional Publications](#)
 - [Society-Branded Slide Decks](#)
 - [Healthcare Appeals](#)
 - [MS Action Plan](#)



ECHO MS

• ECHO MS Curriculum Topics

- Project ECHO Introduction
- Role of Neuroimaging in Diagnosis
- Role of Neuroimaging in Disease Management
- Disease Modification in MS: Part 1
- Disease Modification in MS: Part 2
- Recognizing and Managing an MS Relapse
- Mood and Cognition
- Pain and Fatigue
- Neurogenic Bladder and Neurogenic Bowel
- Mobility
- Sexual Dysfunction
- Employment and Community Participation

Participants Can Earn Up To 12 CE Credits For Free

Cohorts Run September to February each year

- **Eastern Hub** – Duke University Medical Center MS Center
- **Central Hub** – The John L. Trotter MS Center at the Washington University St. Louis School of Medicine
- **Pacific Hub** – University of Washington Medicine MS Center
- **Mountain Hub** – Rocky Mountain MS Center at the University of Colorado

Rehabilitation and Wellness

- Rehabilitation: Improving the Lives of Individuals Living with MS
 - Experience of the Patient
 - The Role of Rehabilitation in Improving Brain Health
- Multiple Sclerosis and Rehabilitation: A Comprehensive Approach to Care
 - An on-demand webinar series
- Introduction to MS: Online Course for Fitness & Wellness Professionals
 - An on-demand webinar course



Medicare Coverage of Maintenance Therapy Services

- Skilled therapy services covered under Medicare A or B in home, outpatient or skilled nursing facilities:
 - Physical therapy
 - Occupational therapy
 - Speech therapy
- To ensure patients receive continued coverage for these services:
 - Attach a modifier claim code to claims above the current cap level to indicate the services are **medically necessary** and needed to **maintain function and prevent progression of disease**
 - These services should be covered irrespective of whether an individual will “improve” if they receive these services
 - Any claims above the cap may be subject to a targeted manual medical review

Resources: Coverage of Skilled Therapy Services

- Learn more about the therapy cap repeal from the American Physical Therapy Association:
 - [Improved Access to Skilled Therapy Services](#)
- For more information on Medicare's coverage of maintenance skilled therapy services:
 - [Medicare Coverage to Maintain or Slow Decline](#)
 - [Frequently Asked Questions](#)

Pediatric Specific Highlights



- Network of Pediatric MS Centers
- Pediatric MS Support for Families Affected by Pediatric MS
- Pediatric Difficult Case Webinars for Providers
- International Pediatric ECHO MS – Continuing in 2023!
 - Earn 4.5 CME

Mental Health

- Mental Health Professionals Clinical Discussion Calls
 - Bi-monthly (every other month) interactive discussion calls
- Clients with MS: Do No Harm
 - This training is for licensed mental health professionals.

MS Community Resources

MS Association of America – <https://mymsaa.org>

- Cooling program
- MRI Access Funds
- Lending Library

MS Foundation - <https://msfocus.org/>

- Patient/family education resources

First Descents –

<https://firstdescents.org/programs/ms-programs/>

RealTalk MS - <https://realtalkms.com/about/>

- Hosted by Jon Strum

CanDoMS - <https://www.cando-ms.org/>

- Jumpstart MS program
- Free [Webinar Series](#)
- Take Charge

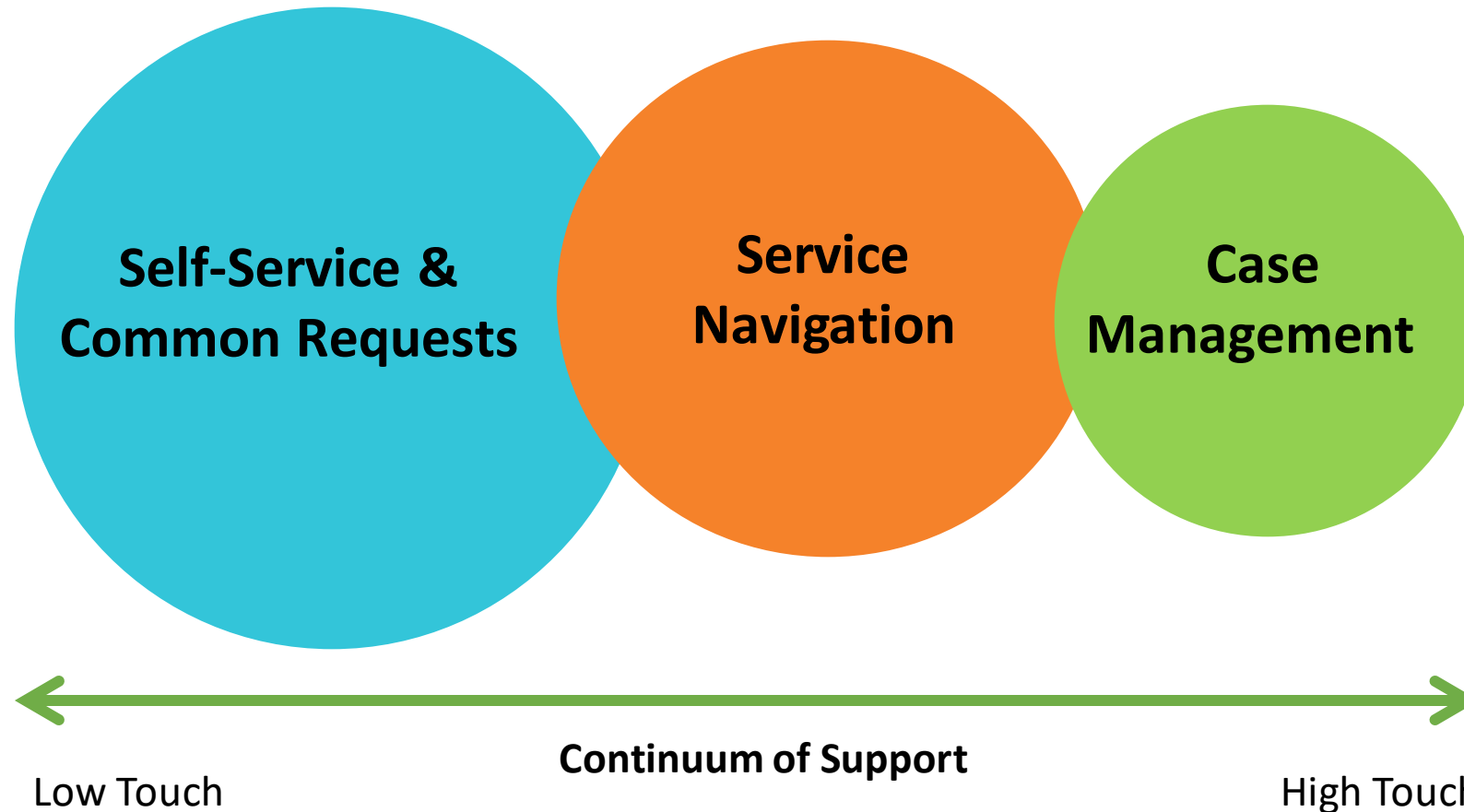
IConquerMS - <https://www.iconquerms.org/>

International Progressive MS Alliance - <https://www.progressivemsalliance.org/>

Information and Resources for People Affected by MS

- [MS Navigator®](#)
 - Case Management Services
- Self-service Webpage
 - [Find Doctors & Resources](#)
 - [Get Covered](#)
 - [Rx Help](#)
 - [Open Enrollment](#)
- Publications
 - [Brochures](#)
 - [Momentum Magazine](#)
- [RECURSOS EN ESPAÑOL](#)
- Connection Programs
 - [MS Friends](#)
 - [Self Help Groups](#)
 - [Facebook Community Group](#)
 - [Café Con Leche](#)
- Educational Programs
 - [Ask an MS Expert Series](#)
 - [On-demand Videos](#)
 - [Annual MS Conferences and Summits](#)
- Newly Diagnosed
 - [New to MS Monthly Program Series](#)

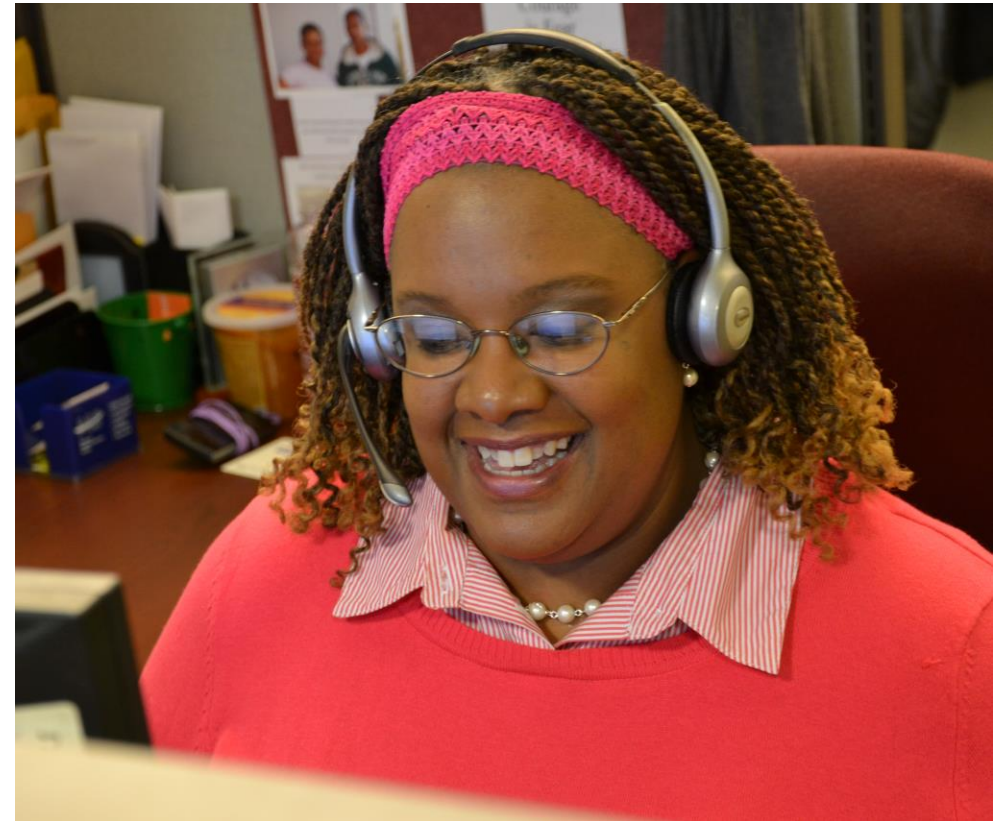
Continuum of Support



Top 5 Areas of Support

MS Navigators provide connections to resources, expert support and access to funds in the areas of:

- Benefits, insurance and employment
- Social and emotional support
- Housing
- Neurologist referrals
- Home care



Case Management



Goal: Increase independent living and quality of life for people affected by MS whose health and safety are compromised



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Together We Are Stronger.

Case Management

Common Indicators

- Multiple, urgent issues
- Inability for family to provide care or cope
- Isolation or other health or safety risks
- Lack of home care or adequate housing
- Inability to identify needs
- Imminent potential of admission to a long-term care facility

Pathway to Access MS Navigator

- Phone: 1-800-344-4867
 - 7:00 am – 5:00 pm MT (M – F)
- Email: ContactUsNMSS@nmss.org
- Social Media
- Web Chat
- Healthcare Provider referral form



Other Engagement Opportunities

- Fundraising Opportunities

- [Walk MS](#)
- [Bike MS](#)
- [Challenge Walk MS](#)
- [Finish MS](#)
- [Climb to the Top](#)
- [DIY Fundraising](#)
- [Steam to End MS](#)

- Leadership Events

- Together for a Cure Luncheons
- Dinner of Champions

- [Volunteer Your Time](#)

- [Advocate for Change](#)

- District Activist Leader
- MS Activist Network
- In-district visits
- Provide testimony
- State Action Day
- Current Policy Issues

- [Internships and Jobs](#)

- Speaking Opportunities
- Community Councils
- Healthcare Provider Councils

Contact Us!

Staff Contact

- Suzanne Carron
- Suzanne.carron@nmss.org
- 314-495-5097

Society Contact

- 1-800-344-4867
- ContactUsNMSS@nmss.org
- www.NationalMSSociety.org

**For The Latest Information For MS
Professionals Follow Us On Twitter!**

[@MSSocietyHCP](https://twitter.com/MSSocietyHCP)

Conversation with Emily Reilly



<https://www.youtube.com/@keepmovingwithemily>



@keepmovingwithemily

See all the resources Emily has
available at

<https://linktr.ee/reillyemilyr>

keep
MOVING
with Emily

ADAPTIVE + INCLUSIVE FITNESS TRAINING



No matter what your limitation you CAN keep moving



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Questions?

Q & A

Participant Questions

- Are there any solutions to more long-term care for MS patients who are bound physically or due to environmental barriers and financial deficits? Especially living in NYC?
- Any evidence regarding the use of weights to limit tremors?
- How can OT and the rest of the care team approach patient burnout? (i.e., I have a client who's had MS for 25+ years and has become more "noncompliant" in recent years)
- In our health system we have multi-D clinics where multiple providers (rehab, psych, MD, respiratory, etc.) will see a client on the same day. This can maximize real time collaboration with populations such as individuals with ALS. Have you seen this model adopted for clients with MS?

Participant Questions

- Are you aware of any studies that look at using virtual reality to address fatigue?
- Is there a formal definition for activity intolerance?
- Can you briefly say more about pseudobulbar affect impact and how that may alter your treatment approach?
- When working with a person with MS do you have any suggestions for differentiating between DM associated neuropathy or MS neuropathy like pain?
- Could you explain what infusion is and what the benefits are for people with MS?

Participant Questions

- Work at a MS center in the Eastern part of the US - we notice that hand function many times is an early indicator of further/future MS symptoms. What evaluations do you use and what treatments do you find are most effective for maintaining or preventing decline in hand function?
- It was stated that 2.5 million people globally are affected by MS. 1 million living in the U.S. with MS. Why such a high number of people in the U.S. as compared to globally?

Wrap Up

- Post-Session Questionnaire
- https://forms.aota.org/forms/echo_ms_post_session_6_survey_community_based_services_and_ms
- The post-session questionnaire link will also be included in the follow-up email
- Questions: ebp@aota.org
 - Or see Welcome Packet



Thank you!



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