

A Comprehensive Interdisciplinary Care Model for Multiple Sclerosis at Sinai Hospital of Baltimore

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Introduction

- Multiple sclerosis (MS) can affect many body systems and result in a myriad of deficits and functional limitations [1]
- Comprehensive management requires the collaboration of specialized healthcare providers who jointly focus on the overall provision of clinical care in persons with MS
- We present the case of a 45-year-old black man (Mr. H) to demonstrate the utility of interdisciplinary treatment in MS
- He had no prior medical history, with onset of symptoms in 2019, and diagnosis of relapsing remitting MS in 2020

Purpose

To use a case example to highlight an interdisciplinary treatment model implemented in the Sinai Rehabilitation Center that facilitates interdisciplinary communication and augments the overall care and quality of life of persons with MS

Timeline

JAN 2019	Onset of gait disturbance
JAN 2020	<ul style="list-style-type: none"> Frequent falls; worsening gait CT (-); MRI T-spine abnormalities No follow-up
APR 2020	Progressive weakness; brain fog; slurred speech
MAY 2020	<ul style="list-style-type: none"> Initial MS diagnosis High lesion load, initiated Solu-Medrol
JUNE 2020	Acute inpatient rehabilitation
JULY 2020	<ul style="list-style-type: none"> Started natalizumab Comprehensive outpatient rehabilitation Neuropsychological evaluation
DEC 2021	Switched to ocrelizumab
MAR 2024	Final preparation to relocate cross country

Methods

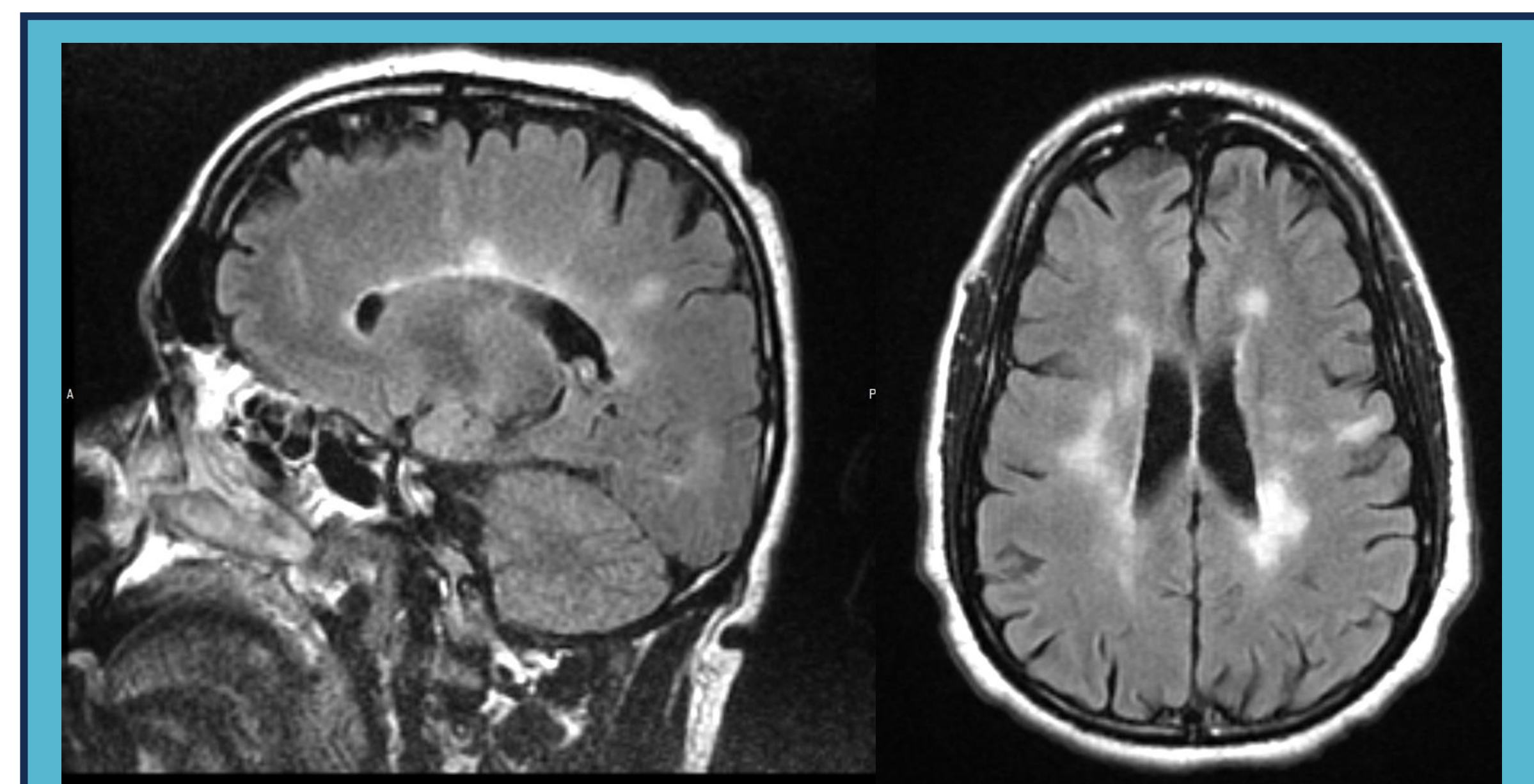


Results

Assessment	Admission	Re-evaluation	Discharge
Physical Therapy ABC scale <i>Higher is better</i>	62%	83%	99%
Speech Therapy Repeatable Battery for the Assessment of Neuropsychological Status (RBANS) <i>Higher is better</i>	Immediate Memory Standard Score 87	Immediate Memory Standard Score N/A	Immediate Memory Standard Score 103
Neuropsychology Hospital Anxiety and Depression Scale (HADS) <i>Lower is better</i>	Anxiety: 8 Depression: 9	Anxiety: 5 Depression: 10	Anxiety: 4 Depression: 6

Results

- Mr. H has not developed any new lesions since the initiation of disease-modifying therapy in his plan
- His MS symptoms were managed primarily with behavioral strategies reinforced across disciplines
- He reported appreciation for and benefit from interdisciplinary care and team collaboration
- Our team successfully assisted Mr. H in achieving his move to Arizona to be closer to supportive family



Primary Finding

This case study demonstrates the impact an interdisciplinary approach to treating a person with MS can have in achieving optimal outcomes

Discussion

- Mr. H benefited from integrated care such that his personal goals were addressed across disciplines
- Existing research is equivocal on whether persons with MS have better outcomes when MS treatment is interdisciplinary vs. offered via standard care [2]
- This case study lends support for the additional examination of patient outcomes on interdisciplinary MS care teams and whether these outcomes are superior compared to standard care routines
- Interdisciplinary treatment improves communication between the patient and the care team and may lead to better identification and management of MS symptoms, particularly invisible ones [3]
- Providers are encouraged to establish or enhance interdisciplinary care teams at their home institutions following an aspirational interdisciplinary team model [4] and to monitor patient outcomes

References

