Ericksonian hypnosis and multiple sclerosis: Posters

http://dx.doi.org/10.1016/j.rehab.2014.03.1115

Survey will provide a more detailed description of examination and approaches. – This study revealed large differences between European countries. Systematic education is still largely missing.

Overall treatment as members of multidisciplinary teams. In most countries, it is required to remain registered with the Health Professions Council/Ministry of Health and meets its members’ professional responsibilities. This is considered to have a positive impact on both functional capacity and quality of life, it still appears to be insufficiently utilized.

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CO46-003-e

Describing availability and characteristics of physical therapy in multiple sclerosis across Europe: A qualitative study

K. Rasova

Third Medical Faculty Charles University in Prague, Prague 10

Background. – As patients with multiple sclerosis present with a wide variety of symptoms and different doctors and other healthcare providers are involved in their care, a multidisciplinary approach is recommended.

Methods. – A national internet-based survey administered by healthcare networks and patient associations was carried out between May and August 2011. The questionnaire consisted of 3 separate parts: socio-demographic data and medical care, ongoing treatments and other healthcare services utilized by patients.

Results. – Six hundred and two patients (mean age 42.9 ± 10.8 years, mean time since onset of the disease 11.8 ± 8.7 years) completed the questionnaire. The neurologist (94%) and GP (92%) are the healthcare providers most often seen by the patients. Patients rarely consult a psychiatrist (13%) or psychologist (17%) 14% of patients consult physical medicine and rehabilitation doctor and 46% see a physiotherapist (P.T.).

Discussion. – While a multidisciplinary approach is recommended for MS (Freeman, 2012), few studies have explored what such an approach consists of in practical terms. The neurologist and GP are the healthcare providers patients see first. While a multidisciplinary approach is recommended for patients and is considered to have a positive impact on both functional capacity and quality of life, it still appears to be insufficiently utilized.

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P140-e

Ericksonian hypnosis and multiple sclerosis: Pilot study on hand functionality

C. Donzea, L. Malapel, B. Lenne, P. Louchard, V. Neuville, P. Haudecoeur

GHICL, Lomme, France

*Corresponding author.

Background. – As patients with multiple sclerosis present with a wide variety of symptoms and different doctors and other healthcare providers are involved in their care, a multidisciplinary approach is recommended.

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P141-e

Effect of aerobic and resistance exercise training in multiple sclerosis patients

M.E. Isner-Horobeti a,b,⁎, P. Zaencker b, E. Lonsdorfer c, P. Vautravers a, F. Favret a, J. de Sèze a

a Institut Universitaire de Réadaptation Strasbourg, CHU Strasbourg, Strasbourg, France
b Faculté des Sciences du Sport, France
c CHU Strasbourg, Strasbourg, France

*Corresponding author.

Keywords: Multiple sclerosis; Aerobic exercise; Resistance training; Associative structures

Background. – It has been showed that endurance exercise training may improve quality of life in multiple sclerosis patients by decreasing fatigue and enhancing exercise capacity (Cochrane, 2011). Most of these study have used either aerobic or resistance exercise training while little have associated both exercise modalities. Moreover these training programs were realized in conventional structure.

Objective. – The objective of our study was to use a novel approach of exercise based on aerobic and resistance training and realized in associative structure.

Methods. – Seven multiple sclerosis patients with an EDSS <6 are included in our study and 4 have already finished the exercise trained programs. Aerobic and strength capacity were evaluated by incremental exercise with maximal oxygen consumption, and isokinetics before and after 8 weeks of exercise training.

Results. – Our preliminary results in 4 patients showed an improvement in muscle strength and quality of life. Muscle strength increased by 10% in both legs in all patients while aerobic capacity tended to be higher in 3 patients.

Conclusion. – The effect of a program of exercise training based on aerobic and resistance are encouraging in multiple sclerosis patients. These patients mentioned an increase in quality of life partly due to the practice in association.

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