



Provider's Guide to Using Living Fully with MS Factsheets

<http://msrrtc.washington.edu/info/factsheets>

Living Fully with Multiple Sclerosis Factsheets provide practical and evidence-based information to strengthen your patients' understanding of, and ability to prevent or manage secondary health conditions associated with multiple sclerosis (MS).

How were these factsheets developed?

Researchers from the Rehabilitation Research and Training Center (RRTC) on Multiple Sclerosis guide the development of all factsheets to ensure content is **accurate, meaningful, and useful** for professionals who serve people with MS, their family, friends and caregivers.

All factsheets are developed through a peer-view process that involves content experts and consumers to make sure they are up-to-date, evidence-based, and easy to read.

Tips on using factsheets in a clinical setting

Factsheets have the most benefit when reviewed and discussed between you the provider (physicians, nurses, social workers, psychologists, physical or occupational therapists, etc.) and your patients.

- Identify which factsheet(s) would be most applicable for your patient and hand them out to your patient while they are in the waiting room or during the appointment.
- Talk about the information on the factsheet while the patient is in your office to increase your patient's likelihood of using them at home.
- Highlight or circle important information or action steps on each factsheet to draw attention to the most relevant content for your patient.
 - ◆ Highlighting important information can increase your patient's adherence to the actions you would like him or her to take.
- Answer any questions your patient or their family members may have. Assist in directing them to additional resources or referrals, if necessary.
- Consider a team approach for your clinic, where factsheets could be distributed by not only the providers, but also by other key staff including front desk staff, medical assistants, nurses, social works, or nurse practitioners.
- Factsheets can also be made available in the waiting room.

List of Living Fully with MS Factsheets:

- Managing Your Pain
- Exercise and MS
- Getting Trustworthy Health Information from the Internet
- Getting the Most Out of Health Care Visits
- Thinking Problems and MS
- Depression and MS
- Anxiety and MS
- Sleep and MS
- Fatigue and MS
- Aging and MS
- Employment for People with MS

References & Resources

Rudd RE and Comings JP (1994). Learner developed materials: an empowering product, *Health Education Quarterly*, 21(3): 313-327.

Participatory Materials Development: <http://www.hsph.harvard.edu/healthliteracy/practice/participatory-materials-development/>

Authorship

Content is based on research evidence and/or professional consensus of faculty at the University of Washington Multiple Sclerosis Rehabilitation Research and Training Center. This factsheet may be reproduced and distributed freely with the following attribution: Verrall, A. (2013). Provider's Guide to Using Living Fully with MS Factsheets [Factsheet]. Multiple Sclerosis Rehabilitation Research and Training Center. NIDRR/U.S. D.O.E. grant #H133B080025. University of Washington. <http://msrrtc.washington.edu/>

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<http://msrrtc.washington.edu/info/factsheets>