

People with Chronic Illness want to Learn from their Providers & Fellow Patients

Title: *The Dartmouth MS Center Learning Community: Equipping People with Multiple Sclerosis with Tools for Improving Self Efficacy & Management*

Background: Multiple Sclerosis (MS) is an autoimmune disease of the central nervous system and a “3C” condition: chronic, costly, and complex. Building on work with the ICoHN Co-Value Study,^{1, 2} **a neurologist and a Person with MS (PwMS) co-designed a three-part webinar series for newly designed PwMS** and their families to teach strategies for navigating MS, their local healthcare system, and wellness.

Hypothesis

When PwMS are trained to navigate MS and the healthcare system, self-management and self-efficacy will improve.

Methods

Newly Dx PwMS

Webinar Series

Quality Improvement

Feasibility

I. Introduction to MS

Separating MS as a disease and illness (symptoms) provides an easy-to-understand way for PwMS and families to learn about MS.

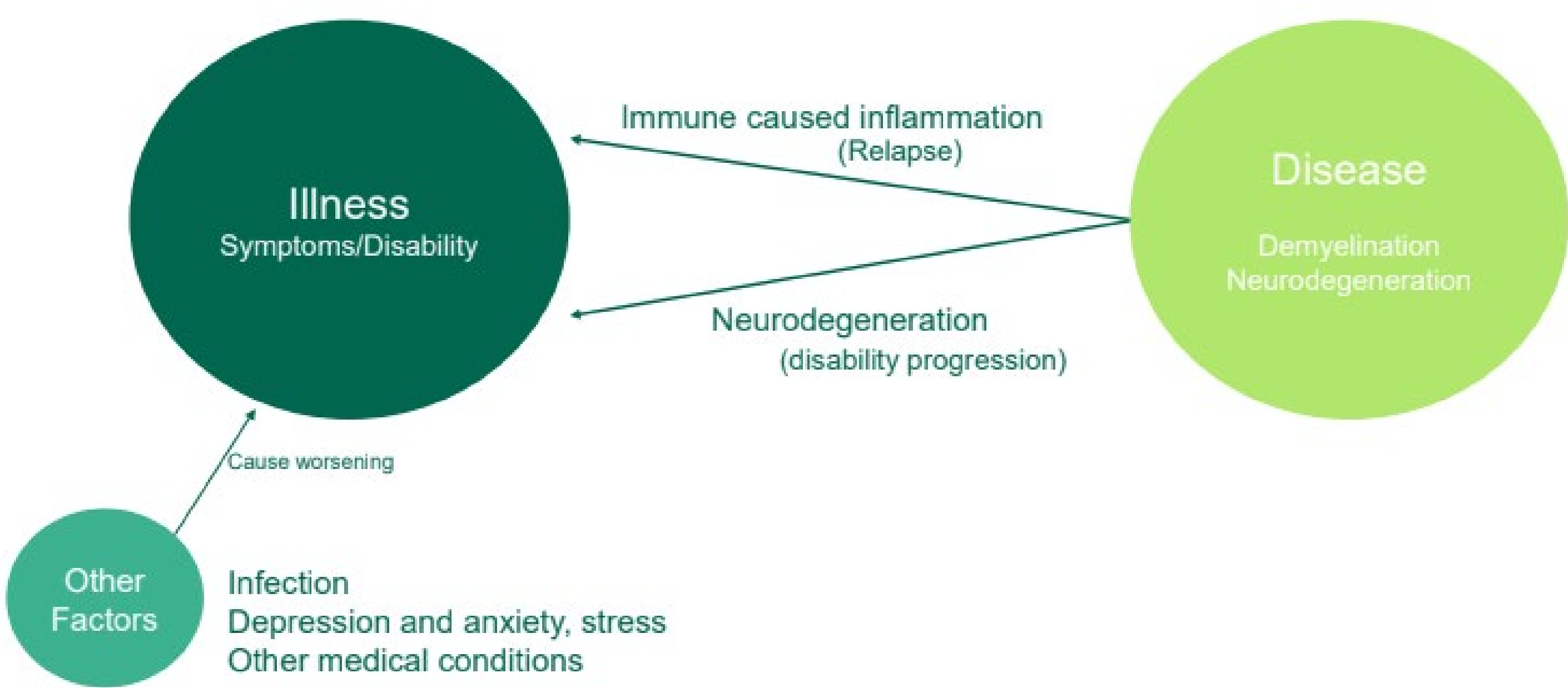


Figure 1. Disease versus Illness: Dartmouth Health MS Learning Community

II. Comprehensive Care / Creating a Care Team

Reviewing potential MS symptoms and providing an example of how a PwMS can assemble a care team to address individual concerns and treatment goals.

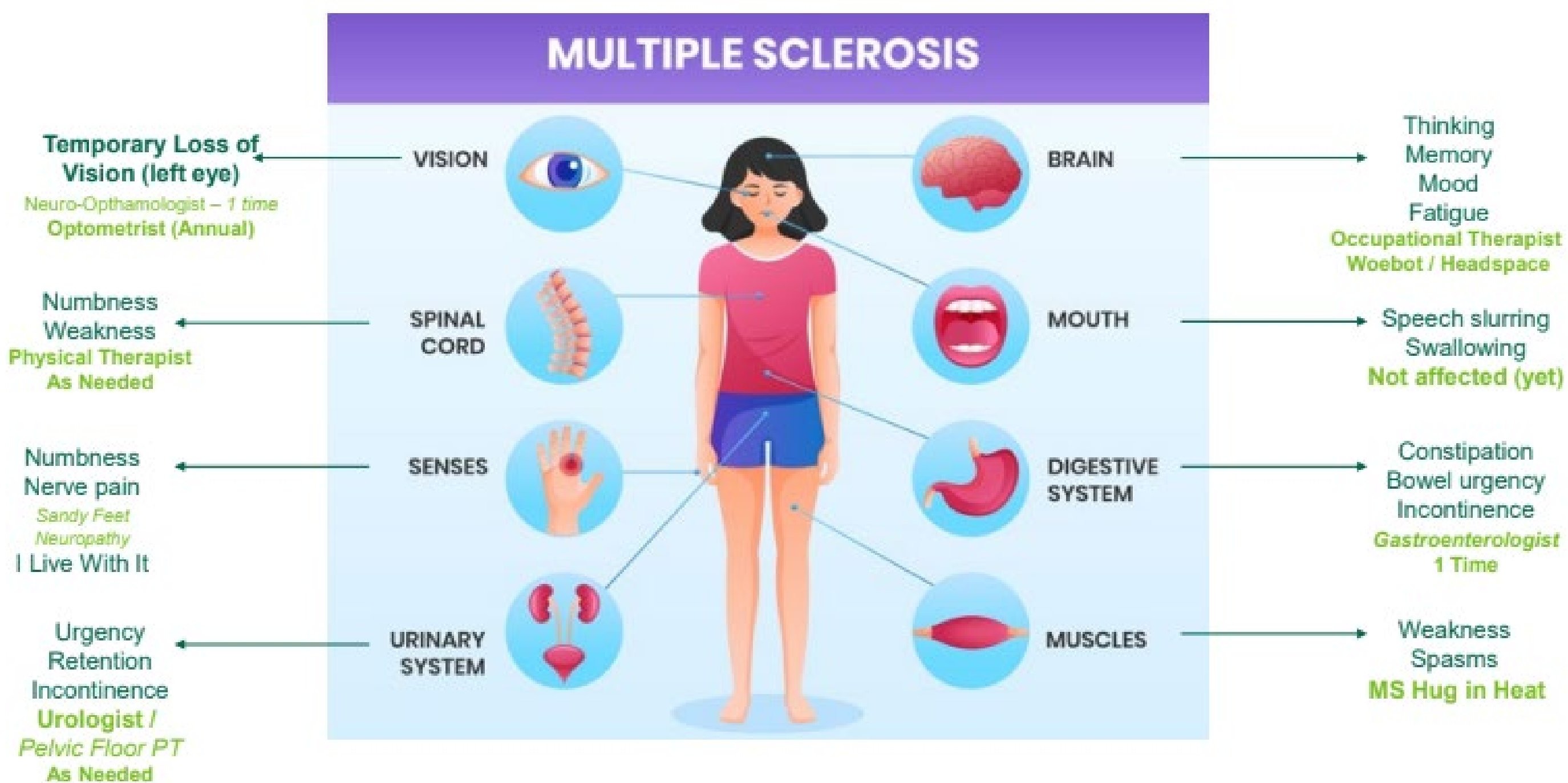


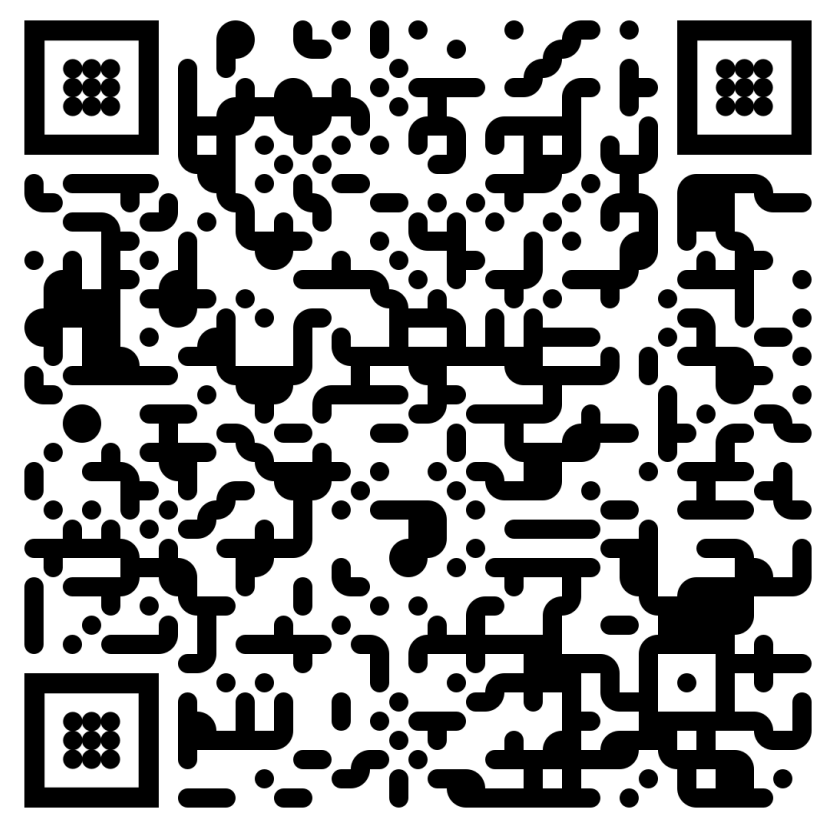
Figure 2. MS Symptoms of a PwMS with Notations on Provider Network

III. Communication and Building Support

- Tips for preparing for clinic appointments and communicating needs with care team.
- Strategies for finding confidential sources of support before educating friends, family, and co-workers about disease
- Sharing community support networks

Findings

PwMS offered an opportunity to learn from their neurologist found it to be helpful. PwMS were offered the ability to participate off-camera, but all participants opted to use video. **100% of program participants attended at two or more sessions** and said they found sessions to be beneficial. **A second iteration of the workshop series will be offered to a larger population of PwMS in 2025.**



Scan QR code for abstract, references, and curriculum

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