

Nurse Role in MS Patients Follow Up Sustaining Adherence

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Disclosures

- ◆ June Halper has nothing to disclose.

Program Objectives

- ◆ Integrate information about optimal MS treatment into comprehensive nursing care in multiple sclerosis.
- ◆ Employ effective communication to educate patients and families about MS.
- ◆ Develop best practice strategies to monitor disease course and sustain optimal treatment outcomes

Goals of Management in MS

- ◆ Delay disability progression
- ◆ Reduce frequency and severity of relapses
- ◆ Reduce new and/or enhancing lesions on MRI
- ◆ Provide early treatment that is well-tolerated
- ◆ Manage symptoms
- ◆ Promote ***HOPE***

Optimal Outcomes Requires a Comprehensive Approach

- ◆ Disease modifying therapies
- ◆ Patient and family education
 - ◆ effective learning, adaptation, acceptance, and adherence
- ◆ Symptom management that includes the team approach
 - ◆ Rehabilitation specialists and other “team members”
 - ◆ Pharmacology
- ◆ Wellness approach
 - ◆ Nutrition including diet, vitamin D, supplementation
 - ◆ Effective exercise
 - ◆ Active lifestyle

Dimensions of Wellness



Importance of Early Treatment

- ◆ Disability occurs without treatment
- ◆ Disease activity greater in the first five years: Time matters!
 - ◆ Relapses produce disability
 - ◆ Higher relapse rate associated with faster time to EDSS 6.0
- ◆ Lesions may occur early and be associated with irreversible damage
- ◆ MS may be active in the absence of clinical symptoms
- ◆ Early treatment may slow accumulation of damage

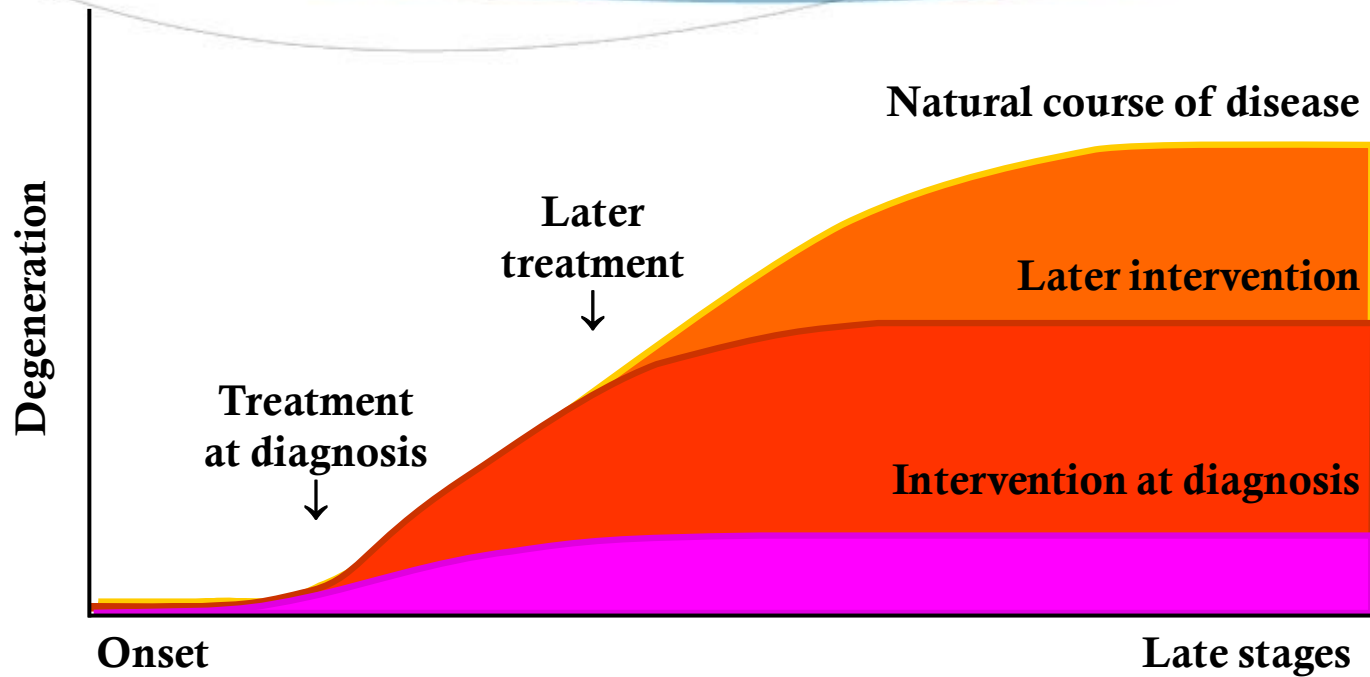
Tremlett, H. et al. *J Neurology and Neurosurgery Psychology*. 2008; 79:1368-1374.

Neurology. 2003;61:1528 -1532.

Goodin, D. et al. *Neurology*. 2012;78:1315-1322.

Impact of Early Treatment

Current Opinions



Choosing the Right Treatment for the Individual Patient with MS

- ◆ Initiation of treatment
 - ◆ Which DMT will fit an individual patient?
 - ◆ First-line medications vs second-line?
 - ◆ Ability to self inject–SQ or IM vs oral/IV?
 - ◆ Lifestyle issues?
 - ◆ Type of career?
 - ◆ Family roles?
 - ◆ Planning pregnancy?
 - ◆ Planning trip to exotic places? Vaccines?

Factors That Influence Treatment Decisions



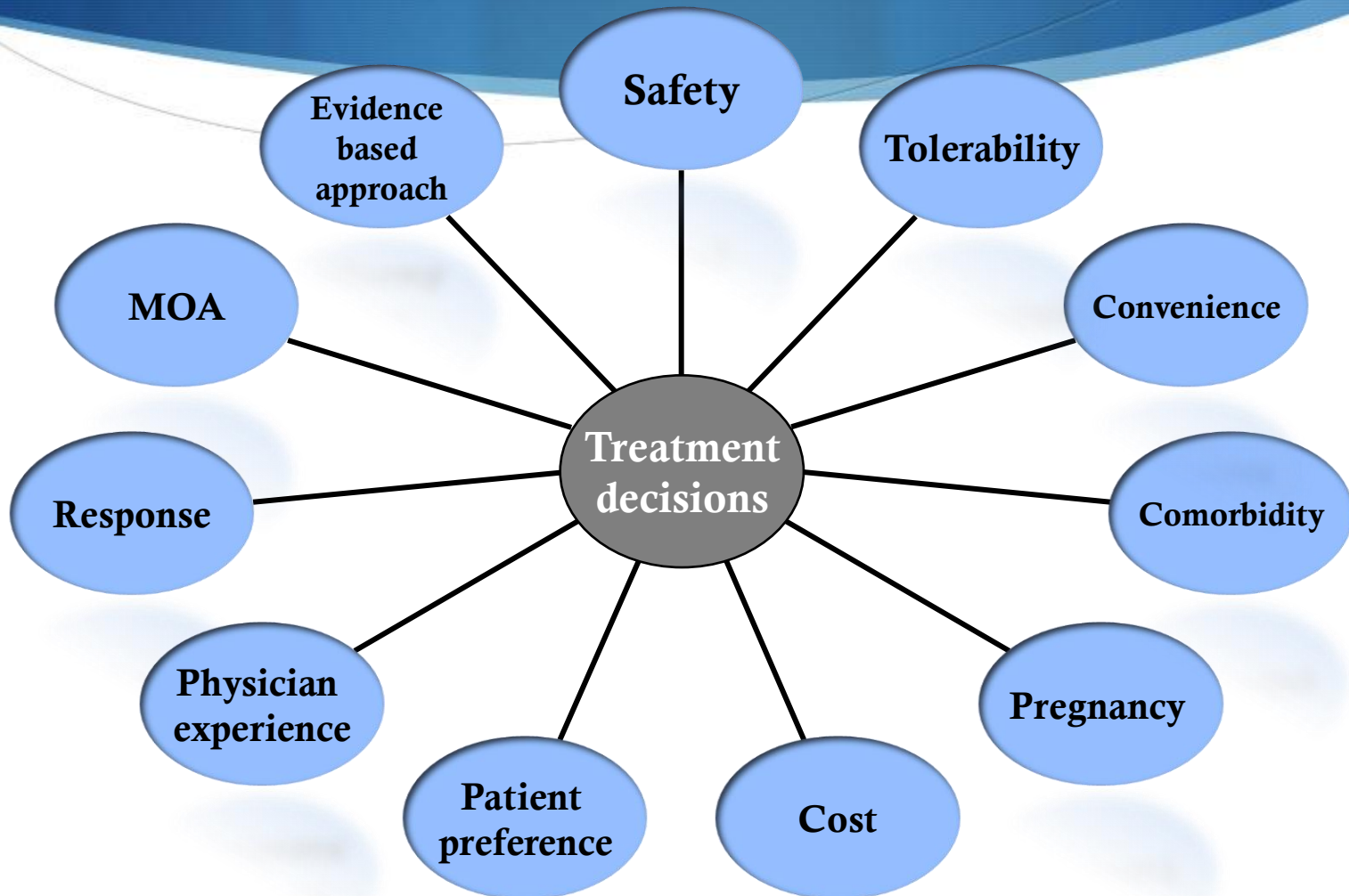
Therapeutic Considerations

Burden of disease
Enhancing lesions
Disease course
Number of relapses

Patient Considerations

Lifestyle
Expectations
Capabilities
Support system

Making Treatment Decisions Considering the Benefits and Risks



Therapies New and Old

Unknowns



Barriers to Treatment Adherence

- ◆ Therapy takes time to administer
- ◆ Regimen is complex
- ◆ Administration of treatment is difficult
- ◆ Therapy disrupts lifestyle
- ◆ Cultural factors
- ◆ High frequency of dosing
- ◆ Medication is expensive
- ◆ Injection phobia
- ◆ Unrealistic expectations
- ◆ Depression
- ◆ Treatment fatigue
- ◆ Lack of support system
- ◆ Side effects
- ◆ Perceived benefits

Factors That Promote Adherence

- ◆ Strong partnerships with healthcare providers
- ◆ Realistic expectations of treatment
- ◆ Physical and emotional strengths
- ◆ Knowledge and understanding of the treatment plan
- ◆ Patient belief in therapeutic potential
- ◆ Support network

Strategies to Promote Adherence

- ◆ Discuss treatment at every visit
- ◆ Discuss and manage side effects
- ◆ Clarify realistic expectations
- ◆ Advocate on patient's behalf
- ◆ Provide reassurance
- ◆ Individualized management

Benefits of Adherence...

- ◆ May promote alteration in the natural history of MS
- ◆ Relieves symptoms and improves their quality of life
- ◆ Empowers patients with a sense of control and facilitates adaptation to MS

Nursing Challenges with Emerging Therapies

- ◆ Education for nurses and patients
 - ◆ Mechanism of action
 - ◆ Safety profile and monitoring
 - ◆ Short- and long-term efficacy
 - ◆ Risk versus benefit profile
- ◆ Patient adherence
 - ◆ Oral medication ≠ better adherence
 - ◆ Safety investigations and physician visits
- ◆ Working with “the whole patient”
- ◆ Keeping realistic expectations

Nurse-Patient Relationship

- ◆ In addition to sustaining adherence, the nurse's role should focus on patient safety and well-being
- ◆ Most disease modifying therapies have side-effects
- ◆ It is important to monitor for problems related to DMT's
- ◆ It is vital to make sure that the patient has the correct follow-up such as regular blood work and examinations

The Importance of Education

- ◆ It is important that patients understand their responsibilities when taking disease modifying medications or any other medications to manage their MS
- ◆ Nurses should take the time to educate them about how medications work and how they may affect their bodies
- ◆ Strategies such as marked calendars and use of electronic devices can act as reminders

Opportunities to Improve Adherence

- ◆ More frequent contact improves adherence
 - ◆ Increase nurse contact from office, from pharmaceutical patient support programs^{1,2}
 - ◆ Make office accessible to patients, particularly if concerned about adverse events

1. Kennedy, P. *Partnership between Shared Solutions® and SM office nurses: Adherence enhancement program*. Presented at the 21st Annual Meeting of the Consortium of MS Centers, May 30-June 2, 2007, Washington, DC.
2. Schapiro, R. Adherence to interferon beta-1b: BETA Nurse Program. *Int J MS Care*. 2004;6:66.

Opportunities to Improve Adherence

- ◆ Education
 - ◆ Discuss realistic expectations of DMT
 - ◆ Demonstrate injection technique, even re-training¹, use of autoject devices²
 - ◆ Prescribe DMTs with less frequent dosing if appropriate
 - ◆ Offer education about goals of therapy and risk management to improve health literacy³
 - ◆ Provide hope about future of MS therapies

1. Saunders. *J Neurosci Nurs*. 2010;42(5S):S10-S18.

2. Lugaresi. *Expert Opin Drug Deliv*. 2009;6(9):995-1002.

3. Zhang et al. *Ann Pharmacother*. 2014;48(6):741-751.

Strategies to Improve Adherence

- ◆ Active listening
- ◆ Emotional Support
- ◆ Creating a culture of trust
- ◆ Acknowledge difference between your beliefs and beliefs of patient/family

Roberts, Wheeler, Neiheisel. *J Am Assoc Nurse Pract.* 2014;26(5):281-287.

Harris et al, eds. *Moving Forward: Adherence to Therapy and the Role of Nursing in Multiple Sclerosis.* IOMSN; 2013. <http://www.nxtbook.com/nxtbooks/iomsn/monograph/>.

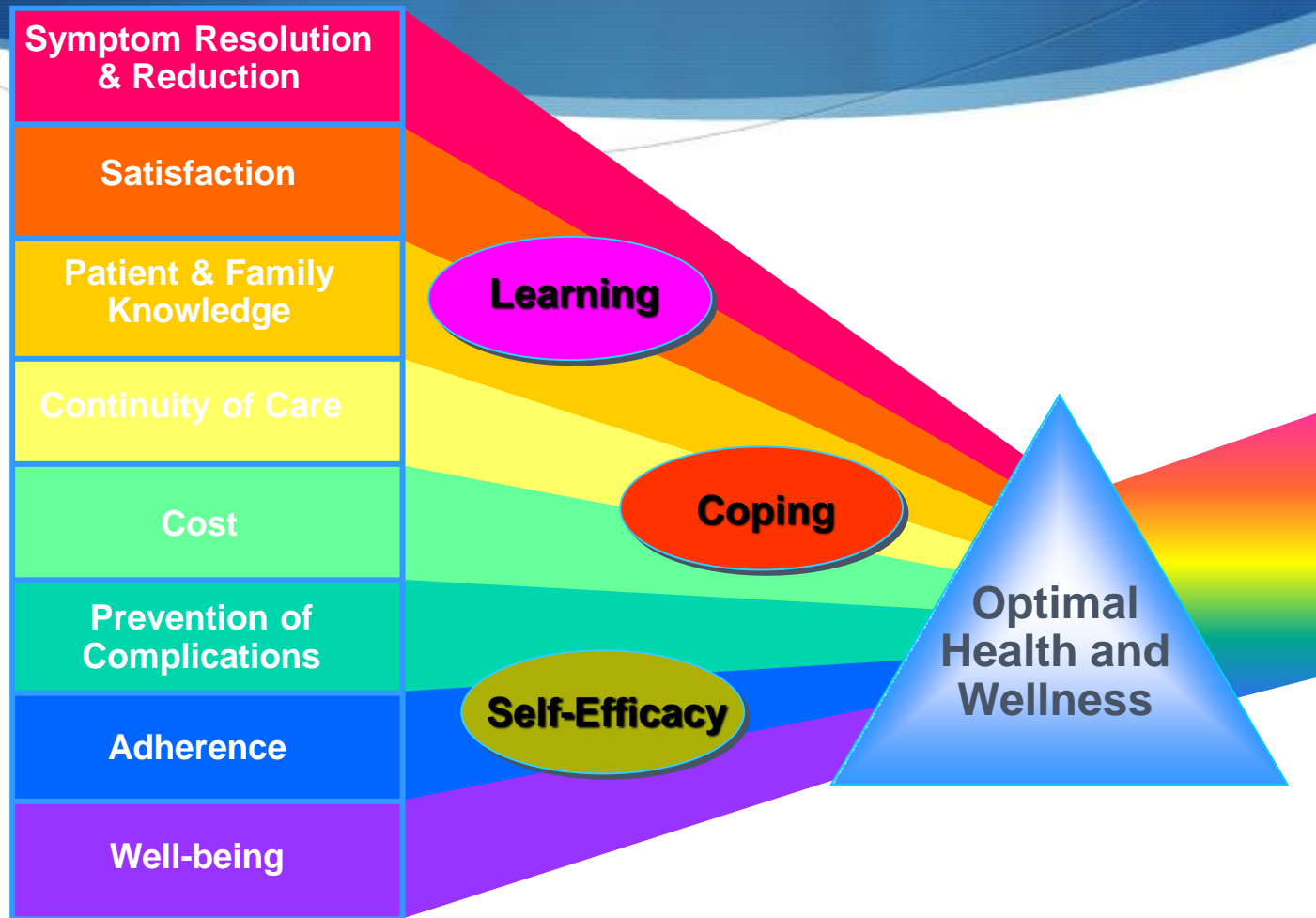


CONCLUSION

Why Do We Stay the Course?

- ◆ As MS nurses
 - ◆ We believe in **HOPE**
 - ◆ We believe in the benefits of the care that we have to offer to people living with MS and their families
 - ◆ We believe that the work we do is worthwhile
 - ◆ We get support from one another to have the energy to offer our best selves to our patients

Nursing Outcomes in MS



Summary/Nursing Implications

- ◆ Educate & Communicate
 - ◆ Address Barriers to Adherence
 - ◆ Drug-related
 - ◆ Patient-related
 - ◆ Enhance Trust through increased communication with patients
 - ◆ If no time for office visit, schedule follow up calls
 - ◆ Have patients return when feeling well, not just for relapses/increased symptoms

Resources for Strategies to Improve Adherence

- ◆ Roberts et al. Medication adherence Part 3: Strategies for improving adherence. *J Am Assoc Nurse Pract.* 2014;26(5):281-7.
- ◆ Wheeler et al. Medication adherence part 2: predictors of nonadherence and adherence. *J Am Assoc Nurse Pract.* 2014 Apr;26(4):225-32.
- ◆ Neiheisel et al. Medication adherence part 1: understanding and assessing the problem. *J Am Assoc Nurse Pract.* 2014;26(1):49-55.
- ◆ Harris et al, eds. *Moving Forward: Adherence to Therapy and the Role of Nursing in Multiple Sclerosis.* IOMSN; 2013.
<http://www.nxtbook.com/nxtbooks/iomsn/monograph/>
- ◆ Brelje B et al. Addressing the new adherence challenges in MS therapy. *Counseling Points.* Winter 2014, Vol. 9, No. 4.