

The MoSt Project—More Steps in multiple sclerosis: a Delphi method consensus initiative for the evaluation of mobility management of MS patients in Italy

Ruggero Capra · Mario Alberto Battaglia · Antonio Gaudioso · Laura Lopes · Damiano Paolicelli · Marco Paoloni · Carlo Pozzilli · Valter Santilli · Claudio Solaro · Maria Trojano

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Abstract The aim of the study was to identify the main factors that impact mobility impairment in multiple sclerosis (MS) patients in Italy. Clinicians from a large number of Italian MS centers took part in a Delphi process aimed at obtaining consensus statements among the participants. Large consensus was obtained for statements grouped under the following main MS themes: identification of the most useful scales to evaluate mobility, integration of objective evaluation with patient perceptions, impact of walking impairment on daily life, management of the disabled patient using a rehabilitative and pharmacological approach. The consensus statements developed by a large number of experts may be used as a practical reference tool to help physicians treat MS patients with motor impairment.

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R. Capra (✉)
Regional Reference Center for Multiple Sclerosis, Department of Neurology, Spedali Civili di Brescia, Presidio Ospedaliero di Montichiari (BS), Via Ciotti 154, 25018 Montichiari, BS, Italy
e-mail: ruggero.capra@gmail.com

M. A. Battaglia
Department of Life Sciences, FISM (Italian Foundation of Multiple Sclerosis), University of Siena, Siena, Italy

A. Gaudioso
CittadinanzAttiva, Rome, Italy

L. Lopes
AISM Rehabilitation Services, AISM Liguria Rehabilitation Service, Genoa, Italy

D. Paolicelli
Department of Basic Medical Science, Neurosciences and Sense Organs, University of Bari, Bari, Italy

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Introduction

Multiple sclerosis (MS) is a chronic, demyelinating, immune-mediated disease of the CNS. Motricity (the function of movement, especially muscular) and mobility (the ability to move freely) impairment is one of the most common and earliest clinical symptoms of MS [1, 2]. In a survey study, most patients rated walking as the most important of 13 functions, and walking disability as having the greatest negative impact on the quality of life in MS patients [3]. Decreased walking ability has been correlated with increased unemployment, subsequently, with decreased household income [4], and a significant impact

M. Paoloni · V. Santilli
Department of Physical Medicine and Rehabilitation, Hospital Umberto I, “Sapienza” University of Rome, Rome, Italy

C. Pozzilli
Department of Neurology and Psychiatry, “Sapienza” University of Rome, Rome, Italy

C. Solaro
Neurology Unit, Department of Head and Neck, ASL3 Genovese, Genoa, Italy

M. Trojano
Department of Basic Medical Science, Neurosciences and Sense Organs, ECTRIMS, University of Bari, Bari, Italy