



EVIDENCE SYNTHESIS
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Evidence Synthesis Ireland Fellowship Scheme Review Identification Form

Review Centre/Group Mentor

Dr Geertruida E Bekkering, KU Leuven, Belgium, and Dr Sinéad Hynes, NUI Galway.

Review title

Occupational therapy for multiple sclerosis

Review type

Cochrane review of effectiveness

Review information

This Cochrane review, conducted within the Multiple Sclerosis and Rare Diseases of the CNS Cochrane group, was prioritised by this Cochrane group as the last and only Cochrane review on this topic was published in 2003 and therefore not up to date. Given the length of time since the review was published, this current review is considered a new review and not an update.

The end users of this review will be occupational therapists (and related allied health care professionals and other professionals involved in MS rehabilitation), people with multiple sclerosis, caregivers of people with multiple sclerosis, policymakers, guideline developers, researchers, and health insurance organisations. We will work closely with patient, researcher, and therapist network organisations (e.g. MS associations, Progressive MS Alliance, RIMS, and occupational therapy organisations) in our dissemination.

The review team includes occupational therapy researchers (specialised in multiple sclerosis and in cognisant areas) from several European countries, methodology expert [in (Cochrane) systematic and meta-analyses], and a patient expert (lived experience expertise in the condition under study).

Review details

Brief background

Although occupational therapy for people with MS is well-established, the evidence for its effectiveness has yet to be determined. The latest (and only) Cochrane review of occupational therapy in multiple sclerosis was carried out in 2003 (the last data collected was in December

2002) and could make no conclusion as to whether occupational therapy for people with MS was effective. Since then, the research and evidence appear to have grown significantly and up-to-date review of current evidence in the area is required.

Aim

To assess the effects and safety of occupational therapy interventions for improving function, participation and quality of life in people with multiple sclerosis.

PICO outline

P- Participants will be over the age of 18 and must be diagnosed with multiple sclerosis. All types of multiple sclerosis will be included in the review.

I- The definition provided by the World Federation of Occupational Therapists (WFOT, 2012) will be used to describe the intervention of this review. "Occupational therapy is a client-centred health profession concerned with promoting health and well-being through occupation. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Occupational therapists achieve this outcome by working with people and communities to enhance their ability to engage in the occupations they want to, need to, or are expected to do, or by modifying the occupation or the environment to better support their occupational engagement." (WFOT 2012; pp4).

C- We will include any comparison (e.g. placebo, no intervention, standard care).

O - Primary outcomes: 1) Enhanced engagement in meaningful activities of everyday life at follow-up; Improved quality of life; Adverse effects.

Secondary outcomes include participation, resilience, self-efficacy, self-management, mood, impact on caregivers and costs.

Status

The review proposal was accepted on 3rd November 2021 and the title has been registered with Cochrane's Multiple Sclerosis and Rare Diseases of the CNS.

Review current status

Review proposal has been accepted. Protocol development has begun, though at early stages of refinement. The submission of protocol is expected in April 2022.

Any specific/desirable requirements for fellow (e.g. clinical expertise, methodological expertise)

The fellow cannot have publications that have the potential to be included in this review (in the area of occupational therapy and multiple sclerosis) as this would make them ineligible to be involved in screening/ selection process.

Clinical expertise, research, or personal experience in occupational therapy and/or multiple sclerosis would be beneficial; as would knowledge of principles of evidence-based practice. Any systematic review requires dedication, accuracy, and critical thinking and we would hope to see this reflected in the potential fellow.

Estimated start and completion dates

April 2022- September 2023