

Brain Health Program Clinically Improves Quality of Life Outcomes for Patients with Multiple Sclerosis. J. Felker, (MD, SOM), L. Vidal, J. Skoda, K. Keefer, A Miravalle, The Brain Health Center of the Rockies, Fort Collins, CO.

**Purpose of Study:** Multiple Sclerosis (MS) is an autoimmune demyelinating disease that results in progressive motor and sensory weakness. Currently available immune modulatory therapies offer a variety of benefits; however, these treatments do not improve all domains of Brain Health. The MS Brain Health Program was developed to empower individuals with MS through knowledge and experiential learning.

**Methods Used:** 19 patients with MS participated in a virtual 5-week Brain Health Program designed to provide a multidisciplinary approach to Brain Health. Each session included discussions lead by experts regarding MS pathophysiology, disease-modifying therapies, the role of exercise on brain health, symptom management, and nutrition. Each participant completed NeuroQoL questionnaires assessing neurological quality of life before beginning the program and again 2 months after completion.

**Summary of Results:** There were no statistically significant differences among the pre and post-test measures ( $p < 0.05$ ). However, there were several clinically significant improvements. Upper extremity function, lower extremity function, and physical function improved by a mean difference of 0.94, 0.68, and 2.05, respectively. An example of one of the lower extremity function improvements was a participant going from being able to get in and out of the car with some difficulty to without any difficulty.

**Conclusion:** Our results demonstrated that the Brain Health Program contributed to clinically significant improvements in the domains of physical function and movement suggesting that patient education in combination with an individualized approach is favorable for treatment.