Balance Right in Multiple Sclerosis (BRiMS): Preliminary results of a randomised controlled feasibility trial

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Balance and falls in MS: BRiMS

Goal setting and motivational support

Exercise

Education

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Home Exercise Programme (Guided by online resource)

Home Package 1

Home Package 2

Home Package 3

Home Package 4
Process evaluation: Implementation

• Feedback from therapists and participants was generally positive.

• Session attendance 63% overall. Variation between sessions

• Completion of home education packages ranged from 20% to 50%

• Six (22%) participants logged at least 100 of the advised 120 minutes of weekly exercise activity over the 12 weeks.

• Therapists and participants made suggestions to improve the utility and accessibility of the programme model and delivery methods.
Process evaluation: Mechanisms of impact

P4: I’m just really pleased that I was on the programme. The exercises have all helped...... Unbelievably because you know turning my head and not getting dizzy and going over, that, I mean it just amazed me that such a simple thing and doing it regularly worked. ... I was very surprised in a really good way over that.

P8: It makes you more aware. So that’s another positive aspect of it. It makes you more responsible about what’s going on around you. I can’t just rely on [my husband] all the time. I have to look after myself as well.

I: Having taken part, have made any changes as a result of doing that? Has it made any impact for you? ... P7: No it hasn’t.
Key messages

- Trial procedures are feasible and acceptable, and retention, programme engagement and outcome completion rates were sufficient to satisfy our *a priori* trial progression criteria.

- Challenges were experienced in some areas of data collection.

- Further development of the BRiMS programme is required to address logistical issues and enhance user-satisfaction and adherence, which will benefit from ongoing input from both therapists and people with MS.