

# Standing **U**p in people with progressive **M**ultiple **S**clerosis (**SUMS**):

A multi-centre randomised controlled trial evaluating a home-based standing frame programme.

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The views expressed are those of the authors and not necessarily those of the NHS, the NIHR or the Department of Health.

# Background:

- Severely impaired people with progressive MS sit 3 times longer than the general population (11 hours/day) (Sasaka 2018)

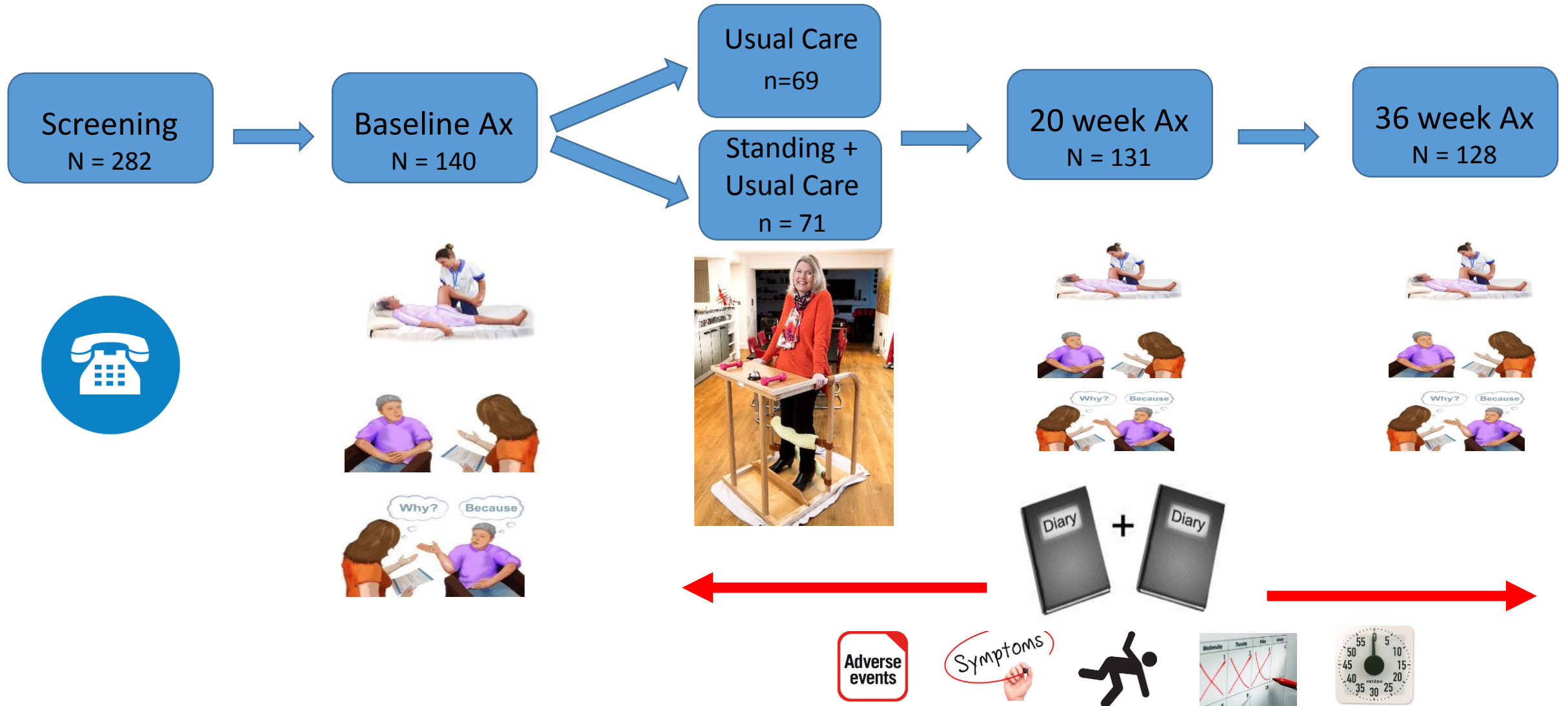
...often even when they are engaged in physiotherapy

- Secondary physical and psychosocial complications can result, which are costly, and many of which are potentially preventable and reversible



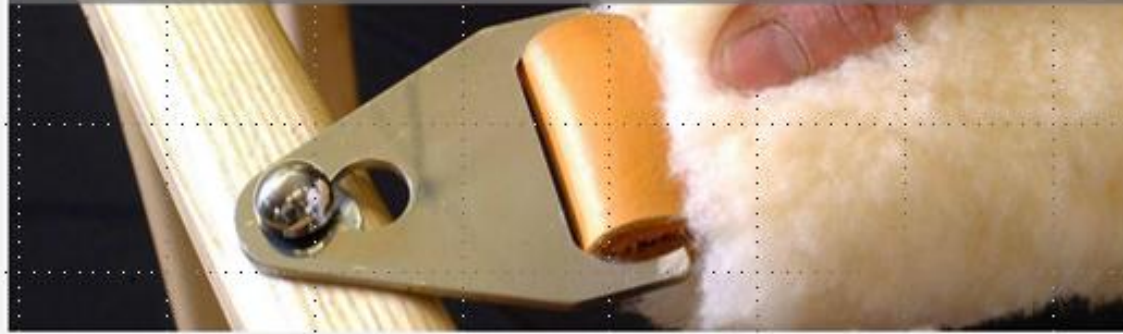
# Study design and methods:

A pragmatic, multi-centre, stratified randomised controlled trial with blinded assessments



## Standing Up in Multiple Sclerosis (SUMS)

Study to assess the effectiveness of a home-based self-management standing frame programme in people with progressive MS



Welcome to the SUMS Study website. SUMS is a multi-centre randomised controlled study to assess the effectiveness of a home-based self-management standing frame programme in people with progressive MS.

This website provides a range of information about the study, and resources both for people affected by MS and physiotherapists, which we hope you will find helpful. The content of this website will be updated to keep you informed of our progress.

The study finished recruiting participants in April 2017; the last assessment was completed in December 2017. Reporting of results will begin in Spring 2018.

If there is additional information that you would find helpful please let us know via email so that we can improve the site for everyone.






Last updated Feb 2018.



[www.plymouth.ac.uk/research/sums](http://www.plymouth.ac.uk/research/sums)



# Results: primary outcome at 36 weeks

	<p>66% continued to stand</p>	
 <p>4.7</p>	<p>stand <math>\geq 64</math> min's</p>	
	<p>Cost effective based on NICE threshold</p>	

**Conclusions and Recommendations**

Standing programme was clinically and cost effective and should be a recommended management option.