Keele
UNIVERSITY
Impact Accelerator Unit

# Keele Critically Appraised Topic (CAT Form)

## Clinical Question

What are the lived experiences of nurses specialising in Multiple Sclerosis during outpatient consultations?

No good quality evidence to answer this question. Further research is required. This CAT could be used as the foundation to write a research proposal.

## Clinical bottom line

There was no evidence specific to the lived experiences, during outpatient consultations, of nurses specialising in the field of Multiple Sclerosis (MS). Two qualitative studies describe the views of health care professionals and/or people with MS on consultations but are not exclusive to MS nurses and are limited to rehabilitation or primary care settings. Focused research is needed to explore MS nurse lived experiences during outpatient consultations. This may help to optimise the consultation process and training in the future.

## Plain language summary

There is a lot of literature which explores the role of an MS Nurse and what patients want from their nurse during appointments. However, there is no research which specifically asks MS Nurses about their experiences when talking to patients, such as what they think works well or what they find difficult. Gathering and making sense of information from patients at their appointments can be challenging for MS nurses for lots of different reasons. Finding out more is important as it may help MS Nurses improve assessments for patients.

## Why is this important?

MS nurses undertake most outpatient consultations for people with MS (Croft *et al.,* 2016). Such encounters are complex, with patients frequently having comorbidities, notably so in minority ethnic groups (Ann Marrie *et al.,* 2023), and polypharmacy (Chertcoff *et al.,* 2023) which makes accurate clinical assessment difficult. The symptoms of other health conditions can mimic common MS sequelae (Bezzini *et al.,* 2022), whilst polypharmacy may exacerbate existing MS symptoms or produce iatrogenic health problems (Bourdette and Herink, 2023). Furthermore, the clinical picture for MS nurses can be unclear during consultations due to patients with impaired cognition, depression, anxiety, pain, fatigue, communication problems, and emotional dysregulation (Biasi *et al.,* 2023; Carvalho *et al.,* 2023; Rook *et al.,* 2023). Optimal assimilation of information during MS nurse consultations is, therefore, challenging and influenced by numerous factors. The purpose of this critically appraised topic (CAT) was to determine whether research exists which explores the experiences of MS nurses. This is important; identification of common issues may assist MS nurses in the assessment process, aid clinical reasoning and judgement, contribute to the development of assessment tools or MS nurse consultation models, and lead to improved patient outcomes.

## Search timeframe (e.g. 2013-2013)

Search time frame is specific to each database (see below).

**Search criteria**

| **Population Intervention Comparison Outcomes (PICO) themes** | **Description** | **Search terms** |
|---|---|---|
| Population and Setting<br>E.g. adults with OA, primary care | Multiple Sclerosis Nurses | Multiple Sclerosis Nurses, Specialist Multiple Sclerosis Nurses, MSN's, MS nurses, specialist MS nurses. Nurse specialist MS - (MH "Multiple Sclerosis") OR "multiple sclerosis OR ms OR multiple-sclerosis" |
| Intervention or Exposure<br>(i.e. what is being tested)<br>e.g. manual therapy | Nurse consultations with MS patients | Consultation, MS Nurse Consultation, patient encounter, patient consultation, review, interview, appointment. (MH "Referral and Consultation") OR "patient consultation" "nurses |

|  |  |  |
|---|---|---|
|  |  | experience" OR (MH "Work Experiences") |
| Comparison, if any<br>e.g. usual care, leaflet | None | None / Not applicable. |
| Outcomes of interest<br>e.g. Visual analogue scale, Range of motion | Feelings, views, approach, experience. | Experience, feelings, views, approach, models, involvement, participation, attitudes (MH "Life Experiences") OR "lived experiences OR perceptions OR attitudes OR views OR phenomenology" OR (MH "Patient Attitudes") |
| Types of studies<br>e.g. Randomised Controlled Trails, Systematic reviews |  |  |

## Databases searched.

- CINAHL Complete, Medline Complete and Psychology and Behavioural Sciences Collection on the Ebsco platform
- Embase, Emcare and AMED on the OVID platform
- Cochrane Library*
- PubMed
- Google and Google Scholar*
- Epistemonikos*
- Trip database*

Search time frame:

AMED 1985-2024, Emcare 1995-2024, Embase 1974-2024, Cinahl 2000-2024, Medline 2000-2024, Cochrane Library 2000-2024, Epistemonikos 2013-2024, Trip database 2000-2024, Google and Google Scholar 2000-2024.

## Date of search

08/01/2024

Results of the search:

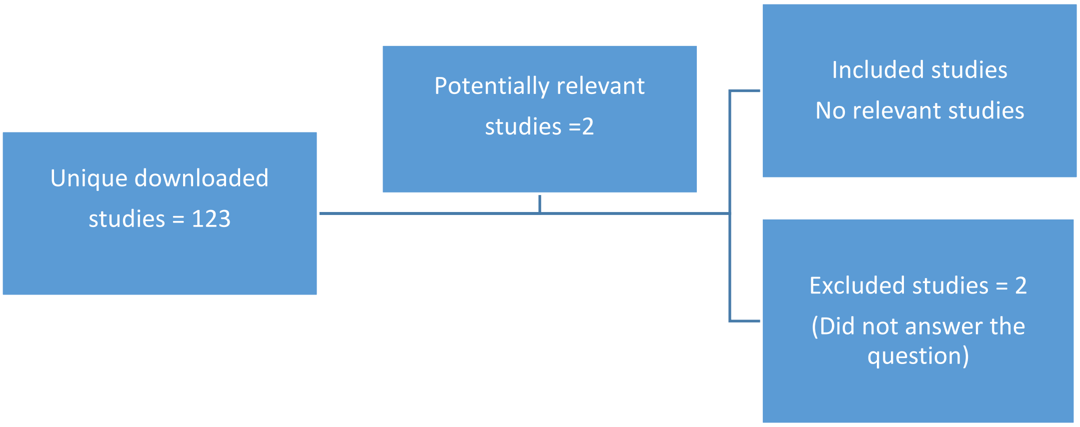

Figure 1: Search results table

## Summary

Following screening of 123 articles identified in the search, only two were felt to potentially answer the clinical question. The full texts of these two articles were accessed and analysed; however, neither answered the clinical question, and were therefore subsequently excluded. In conclusion, no studies answered the clinical question.

## Implications for practice

A knowledge gap in the literature relating to the clinical specialty of multiple sclerosis nursing has been identified. Further research would be valuable to gather the experiences of MS nurses in this challenging forum as an important step in considering best practice approaches to MS nurse -MS patient consultations.

## What would you post on social media?

MS patients experience lots of symptoms, can have other health conditions and sometimes take several medications.  It can be complicated and difficult to get to the bottom of things during assessments. Research is needed to better understand the experiences and difficulties for MS nurses during appointments, which may support training and best practice approaches for patient consultations.

## References:

Ann Marrie, R., Fisk, J.D., Fitzgerald, K., Kowalec, K., Maxwell, C., Rotstein, D., Salter. A. and Tremlett, H. (2023) 'Etiology, effects, and management of comorbidities in multiple sclerosis: recent advances', *Frontiers in Immunology,* 2023 (14), pp. 1197195. https://www.frontiersin.org/journals/immunology/articles/10.3389/fimmu.2023.1197195/full

Bezzini, D., Gualdani, E., Razzanelli, M., Battaglia, M.A., Cortese, R., Francesconi, P. and Ulivelli, M. (2022) 'Prevalence of chronic comorbidities in people with multiple sclerosis: descriptive study based on administrative data in Tuscany (Central Italy)', *Neurological Sciences,* 43 (11), pp. 6407-6414.  https://link.springer.com/content/pdf/10.1007/s10072-022-06345-9.pdf

Biasi, M.M., Manni, A., Pepe, L., Abbatantuono, C., Gasparre, D., Laffaldano, P., Simone, M., De Caro, M.F., Trojano, M., Taurisano, P. and Paolicelli. (2023) 'Impact of depression on the perception of fatigue and information processing speed in a cohort of multiple sclerosis patients', *BMC psychology,* 2023 (11), pp. 1-7. https://bmcpsychology.biomedcentral.com/counter/pdf/10.1186/s40359-023-01235-x.pdf

Bourdette, D. and Herink, M. (2023) 'Polypharmacy in multiple sclerosis: More is not necessarily better', *Multiple Sclerosis,* 23 (1), pp. 3-5. https://pubmed.ncbi.nlm.nih.gov/36239156/

Carvalho, T., Gomes C., Rodrigues, A. and Motta, C. (2023) 'Neuropathic pain, cognitive fusion, and alexithymia in patients with multiple sclerosis: cross-sectional evidence for an explanatory model of anxiety symptoms', *Journal of Clinical Psychology',* 79 (5), pp. 1342-56. https://onlinelibrary.wiley.com/doi/epdf/10.1002/jclp.23483

Chertcoff, A., Shin Ng, H., Zhu, F., Zhao, Y. and Tremlett, H. (2023) 'Polypharmacy and multiple sclerosis: A population-based study', Multiple Sclerosis, 29 (1), pp. 107-108. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9896267/

Croft, A., Mynors, G., Roberts, M., Doncaster, D. and Bowen, A. (2016) 'MS Forward View: a consensus for the future of MS services', Multiple Sclerosis Trust. Available at: https://mstrust.org.uk/sites/default/files/Future%20of%20MS%20Services%20WEB%20FINAL.pdf

Rook, J., LLufriu, S., De Kok, D. and Rofes, A. (2023) 'Language impairments in people with autoimmune neurological diseases: A scoping review', *Journal of Communication Disorders,* 2023 (106), p.106368. https://pdf.sciencedirectassets.com/271133/1-s2.0-S0021992423X00069/1-s2.0-S0021992423000680/main.pdf

Please tick the box that best reflects your clinical bottom line and include the picture on page 1

| CAT image | Evidence quality | Checkbox |
|---|---|---|
|  | Good quality evidence to support use…. | ☐ |
|  | Insufficient or poor quality evidence OR substantial harms suggest intervention used with caution after discussion with patient… | ☐ |
|  | No good quality evidence, do not use until further research is conducted OR<br>Good quality evidence to indicate that harms outweigh the benefits…. | ☑ |

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