

THE START OF WHAT IS POSSIBLE

Evaluation of the JUMPSTART® Program



December 2016

THE NEED TO LIVE FULLY WITH MS

JUMPSTART is a one-day introduction to the Can Do Multiple Sclerosis lifestyle empowerment philosophy for people with MS and their support partners. Offered at no charge, JUMPSTART provides educational presentations, workshops and interactive sessions so participants can begin to see themselves beyond the challenges of their MS.

The individualized course of MS calls for more empowering and person-specific interventions. Taking a positive and optimistic approach to living with MS impacts physical adjustment, healthy coping strategies and influences positive physical health outcomes (e.g., Simpson et al., 2014). JUMPSTART goes beyond concentrating on empowerment by incorporating a health-focused orientation of physical activity and complete wellness with research showing PA can improve quality of life and MS symptoms (e.g., Motl & McAuley, 2014). This one day program provides people with MS (PwMS) and their support partners (SP) with an interactive exploration of health, wellness and lifestyle empowerment approaches and topics. The overwhelmingly positive orientation of Can Do MS and the JUMPSTART Program is unique with the mission of living more fully with MS.



“I gained greater awareness of life adjustments to improve my life as the disease progresses.”

- JUMPSTART Program Participant

CURRENT SURVEY

- There were 4 JUMPSTART Programs in 2016 with 343 people served across the country.
- 136 PwMS & 84 SPs completed retrospective pre and post program surveys.
- Average age: PwMS 49 years, SP 53 years;
Gender: PwMS 86% Women; SP 60% Women;
Average length of MS: 12 years
- Also reported: 1-month follow-up surveys collected from 2013

OBJECTIVES

- Provide a one-day local program encompassing interdisciplinary educational tools, skills, information and resources surrounding wellness.
- Participants will gain knowledge, skills, support and learn about MS specific resources.
- Participants will find new sources of self-empowerment and confidence to be more than their MS.

FINDINGS SUMMARY

- 77% of PwMS reported improved confidence to better manage MS symptoms*.
- 92% of PwMS and 94% of SPs reported intention to make positive lifestyle behavior changes after JUMPSTART
- PwMS & SPs reported increased feelings of empowerment, MS specific communication, social support and knowledge*.
- PwMS & SPs reported overwhelmingly high levels of program satisfaction and gaining of knowledge, skills and resources.

Previous research:

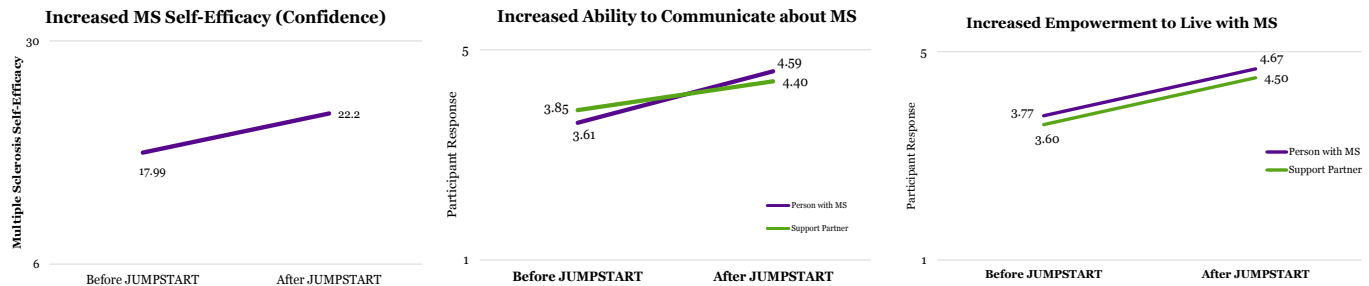
- PwMS showed improved confidence to better manage MS symptoms and finding benefit in living with MS (mindfulness), 1-month after JUMPSTART*.

*statistical analyses run, significant improvement was found ($p < .10$).

IMMEDIATE IMPACT

- **Increased confidence in living with MS*** (better confidence living with MS, higher scores are associated with better mental and physical health, less stress, less pain, fewer sleep problems, and lower depressive symptoms; *Amtmann et al., 2012*).
- **Increased knowledge, communication and empowerment to better live with MS***
- **Overwhelming program satisfaction and positive behavior change intentions**

*statistical analyses run, significant improvement was found ($p < .05$)



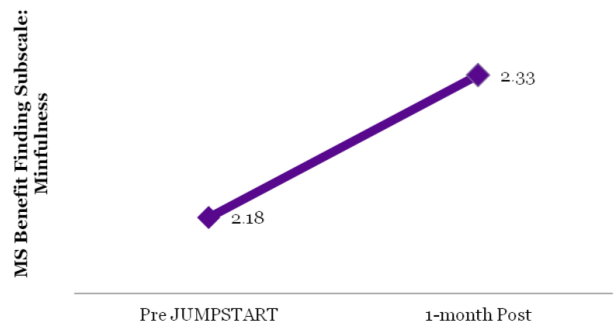
LONGER-TERM IMPACT

JUMPSTART® participants showed additional 1-month outcomes (2013):

- **Increased MS benefit finding** (i.e., mindfulness; BFiMSS—Pakenham & Cox, 2009)
- **Increased confidence in living with MS** (i.e., MS Self-Efficacy—Schwartz et al., 1996)
- **Usage** of JUMPSTART resources (69%) & skills in current relationships (75%)
- **Incorporation** of lifestyle empowerment philosophy into living with MS (80%)

*statistical analyses run (detailed report available)

Increased MS benefit finding: mindfulness at 1-month



CONCLUSIONS

The JUMPSTART Program is an effective interactional educational program promoting healthy lifestyle behaviors to actively manage MS. JUMPSTART resulted in immediate outcomes of increased confidence in the management of MS symptoms, knowledge, communication, social support and empowerment. Previous findings support longer-term outcomes such as benefit finding and confidence in MS management at 1 month post. Confidence in MS is linked to quality of life and fewer depressive symptoms (Farrell et al., 2004; Amtmann et al., 2012) and may translate to improved management of MS. Both PwMS and SPs also reported an intention to make positive behavior changes. Implications of increasing positive constructs are better medication adherence, less morbidity and increased longevity for both the Person with MS and their Support Partners (e.g., Cuffee et al., 2012; Moskowitz et al., 2008).

As disease characteristics and clinical symptoms vary widely, interventions tailored to individuals which provide an empowering approach are needed. Can Do MS takes a whole person, whole health, whole community approach to MS by providing people with MS and their support partners with lifestyle empowerment programs. The JUMPSTART Program effectively teaches usable skills and provides participants with a deeper and broader understanding of their unique condition, exploring the physical, interpersonal, emotional, intellectual, occupational and spiritual aspects of living with MS.



“I learned how to effectively communicate about how MS is affecting our lives.”

- JUMPSTART Program Participant

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