

## Prescribing for Spasticity

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This content has been adapted from a workshop originally delivered at a Biogen meeting in 2019. Permission kindly provided by Julie Matthews RN, MSc Rehab Med, QN. Spasticity Consultant Nurse (Intrathecal Baclofen), Haywood Community Hospital, Stoke-on-Trent.

### Learning objectives

At the end of this module you should:

- Be able to define spasticity
- Be familiar with the principles of managing spasticity in people with MS
- Be familiar with the mode of action of certain drugs used to treat spasticity in people with MS
- Be able to recognise the signs and symptoms of under- and over-dosing with intrathecal baclofen

### Reflective questions

Before the module, please reflect on a recent patient with MS-related spasticity. How did you ascertain the effect of spasticity on the patient's daily life? Which strategies most improved the patient's function and comfort? Which strategies proved less effective?

What are the three most important 'take-home messages' you learnt in the module? Will these influence your practice? If so, how? If not, why not?

Are there opportunities to improve the diagnosis and management of MS-related spasticity in your centre? If not, why not? If so, what changes will you make? Do you expect to face any hurdles? If so, how will you overcome these?

### **Further reading**

Akgün K, Essner U, Seydel C et al Daily practice managing resistant multiple sclerosis spasticity with delta-9-tetrahydrocannabinol: Cannabidiol oromucosal spray: A systematic review of observational studies *Journal of Central Nervous System Disease* 2019;11: DOI: 10.1177/1179573519831997

Albright AL, Barron WB, Fasick MP, et al Continuous intrathecal baclofen infusion for spasticity of cerebral origin *JAMA* 1993;270:2475-77

Sammariaiee Y, Yardley M, Keenan L et al Intrathecal baclofen for multiple sclerosis related spasticity: A twenty-year experience *Multiple Sclerosis and Related Disorders* 2019;27:95-100