

REHABILITATION																									
SERVICE	REFERRAL INFORMATION																								
<b>MS FITNESS</b>	<b>Eligibility</b>																								
<p>The MS Fitness program is offered across the three Community Health centres; Helensvale, Robina Precinct and Palm Beach. The program's aim is to offer exercise to maintain muscle endurance, strength and flexibility. individual assessment areas of muscle weakness, abnormalities in gait and muscle tension are addressed through individualised exercise prescriptions which patients perform within a group based format.</p> <p>MS Fitness Program</p> <p>MS Program Coordinator; Accredited Exercise Physiologist</p> <p>Enquiries:</p> <p>Please call 1300 668 936</p>	<p>This service is for patients 18 years and older with Multiple Sclerosis or Chronic Inflammatory Demyelinating Polyneuropathy (CIDP), who are <b>independently mobile or require unilateral support to walk up to 8m</b>. Patients more severely impacted, or who are wheelchair bound should be referred to Fran Shermann (MS Society Regional Coordinator for Logan and Gold Coast on 3840 0844)</p> <p>Clients are assessed on the Disease Steps Scale</p> <table border="0"> <tr> <td>0</td> <td>Normal</td> <td>Functionally normal with no limitations on activity or lifestyle</td> </tr> <tr> <td>1</td> <td>Mild Disability</td> <td>Mild symptoms and/or signs</td> </tr> <tr> <td>2</td> <td>Moderate Disability</td> <td>Main feature is a visibly abnormal gait</td> </tr> <tr> <td>3</td> <td>Early Cane</td> <td>Use a cane/unilateral support for greater distances, but can walk at least 25 ft without it</td> </tr> <tr> <td>4</td> <td>Late Cane</td> <td>Unable to walk 25 feet without a cane/unilateral support</td> </tr> </table> <p>Disease steps scale 3 and above are eligible for MS Fitness Program. 4 on scale are considered on individual basis. 5 and above catered for through MS society physio one day a week at Robina Community Health.</p> <table border="0"> <tr> <td>5</td> <td>Bilateral Support</td> <td>Require bilateral support to walk 25 feet</td> </tr> <tr> <td>6</td> <td>Wheelchair</td> <td>Essentially confined to wheelchair</td> </tr> <tr> <td>U</td> <td>Unclassifiable</td> <td>Used for patients who do not fit above classification</td> </tr> </table> <p>Reason for U assignments included overwhelming fatigue or severe cognitive, visual, or bladder/bowel impairment out of proportion to otherwise minor physical disability.</p> <p>Sustained worsening of at least two steps on Disease Steps over a 1 year period would indicate treatment failure and the need for specialist review.</p>	0	Normal	Functionally normal with no limitations on activity or lifestyle	1	Mild Disability	Mild symptoms and/or signs	2	Moderate Disability	Main feature is a visibly abnormal gait	3	Early Cane	Use a cane/unilateral support for greater distances, but can walk at least 25 ft without it	4	Late Cane	Unable to walk 25 feet without a cane/unilateral support	5	Bilateral Support	Require bilateral support to walk 25 feet	6	Wheelchair	Essentially confined to wheelchair	U	Unclassifiable	Used for patients who do not fit above classification
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	<b>Pre-Requisite Tests</b>																								
	<b>Specific considerations for referral (please indicate on referral)</b>																								
	<p><b>Is a Team Care Arrangement requested?</b> It is not a requirement of the program that a TCA is completed. GPMP/TCA can be reversed for any private provider referrals that may be required throughout the year.</p> <p><b>How long has the patient had a history of MS or are they newly diagnosed?</b></p> <p><b>Does this patient have co morbidities that restrict what exercise can be encouraged during group or individual education?</b> &lt;<a href="#">contraindications to exercise</a>&gt;</p> <p><b>Medical History</b></p>																								
<p>Link to <a href="#">Printable</a> Referral Template Link to <a href="#">Download</a> Referral Template</p>																									