

# MS-EDGE Outcome Measures for In- and Out-Patient Rehabilitation

The MS-EDGE task force reviewed 63 outcome measures covering the range of body structure and function, activity, and participation, evaluating each for psychometrics and clinical utility for patients with multiple sclerosis. Through literature review, analysis, and a modified Delphi procedure, recommendations were formulated for outcome measures that are highly recommended for use in rehabilitation settings. Additional measures are recommended, but not as strongly. Additional materials are available at <http://www.neuropt.org/go/healthcare-professionals/neurology-section-outcome-measures-recommendations/multiple-sclerosis>

## Recommendations for Patients with Multiple Sclerosis:

### Highly Recommended Measures:

12-Item MS Walking Scale  
 6-Minute Walk Test  
 9-Hole Peg Test  
 Berg Balance Scale  
 Dizziness Handicap Inventory †  
 MS Functional Composite †  
 MS Impact Scale (MSIS-29)  
 MS Quality of Life (MS QoL-54)  
 Timed 25 Foot Walk  
 Timed Up & Go (TUG) with  
 Cognitive & Manual

### Recommended Measures:

Activities-Specific Balance	Hauser Ambulation Index
Confidence Scale	Maximal Inspiratory & Expiratory Pressure
Box & Blocks test	VO <sub>2</sub> max and VO <sub>2</sub> peak †
Disease Steps	Modified Fatigue Impact Scale
Dizziness Handicap Inventory *	MS Functional Composite *
Dynamic Gait Index	MS International Quality of Life Questionnaire
Fatigue Scale for Motor & Cognitive Functions	MS Quality of Life Inventory †
Four Square Step Test	Rivermead Mobility Index
Functional Assessment of MS Functional Independence Measure *	Short Form Health Survey of Medical Outcome Study (SF - 36) †
Functional Reach	Trunk Impairment Scale *
Goal Attainment Scale	Visual Analog Scale (fatigue)
Guy's Neurological Disability Scale	<b>*=inpatient rehab only</b>
	<b>†=outpatient rehab only</b>