

DD SIG Episode 42: Frailty in Multiple Sclerosis with Jake Sosnoff

In this episode, we talk with Jake Sosnoff, Ph.D. about frailty in patients with multiple sclerosis (MS). We cover how frailty is defined in geriatrics and how that definition applies to frailty seen in MS, as well as how clinicians can use evidence-based tools to characterize frailty in their patients with MS. Host Herb Karpatkin also talks with Jake about whether frailty in MS is modifiable; how clinicians can approach treating patients with MS and frailty based on the available evidence; and why taking a multicomponent, interdisciplinary approach to treating frailty in patients with MS is important.

The Degenerative Diseases Special Interest Group is part of the Academy of Neurologic Physical Therapy – www.neuroPT.org

Guest Information

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Related Articles

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4 Key Moments:

5:01 – Jake defines frailty as a decline in multiple physiologic systems that is often thought of as the end stage of the physiologic process of life, and compares that construct to MS, a disease characterized by impairment in multiple systems.

20:54 – Jake discusses whether frailty in MS is modifiable.

23:00 – Herb asks Jake how physical therapy clinicians should begin to approach working with patients with MS and frailty based on the available evidence.

25:13 – Jake talks about taking an interdisciplinary, “multicomponent” approach to treating patients with MS and frailty, to address factors like fear, anxiety, and sleep that may impact the efficacy of physical therapy interventions.