[Supplementary online-only material for Hart DL, Memoli RI, Mason B, Werneke MW:
Developing a wellness program for people with multiple sclerosis: description and initial results.

**Appendix: MS Wellness Program Details**

Each 12-week MS Wellness Program consists of a group of 6 to 12 people with MS who meet for 5 hours, 1 day a week, for 12 weeks. Sessions include the following:

- 1 hour of Tai Chi, yoga, or Feldenkrais
- 1 hour of stretching, strength training, or aquatics
- 2 hours of topical presentations and discussion
- 45 minutes for lunch
- 15 minutes for homework review and discussion

Topical presentations include the following:

**Determining Appropriate Levels of Activities**

- Review appropriate levels of activities and movement based on the individual’s level of functioning
- Define and calculate individual body mass index

**Defining Wellness**

- Define, review, and demonstrate the importance of maintaining an overall balance of physical, social, spiritual, and emotional well-being

**Introduction to Physical Activities**
- Demonstrate progressive upper and lower body stretches based on patients’ level of ability

Symptom Management
- Review symptoms of MS such as numbness, pain, spasticity, balance problems, and urinary tract infection and methods of treatment

Introduction to Nutrition
- Basic instruction on necessary nutrients for good health, including protein, carbohydrates, fats, vitamins, minerals, and water
- Food sources reviewed

Communication Skills
- Methods used to enhance the ability to transfer one’s thought, ideas, and questions to another
- Verbal communication skills such as tone and inflection reviewed
- Nonverbal communication skills such as body language demonstrated

Intimacy
- Emotional: Sharing of one’s self through self-disclosure
- Social: Sharing as a result of a social setting
- Sexual: Sharing of foreplay, genital touching, intercourse
- Intellectual: Sharing of thoughts or experiences
- Recreational: Sharing of a leisure activity

Stress Management
- Identify sources of personal stress
- Review unhealthy ways of coping with stress such as overeating, smoking, substance abuse, angry outbursts

- Stress management strategies such as learning to say “no,” expressing your feelings, positive thinking, meditation, adequate sleep, time management

Preventing Diabetes

- Define type 1 and type 2 diabetes

- Physiological development and impact

- Importance of a healthy diet, weight control, limited alcohol, quitting smoking, increased physical activity

Bladder and Bowel Function

- Define normal bladder and bowel habits

- Tips to maintain good habits

- Diet

- Bladder retraining

- Constipation

Memory Tips

- Attention strategies such as looking at the speaker, taking notes

- Attention to detail strategies such as working slowly, underlining important words

- Auditory processing strategies such as asking for clarification, using a tape recorder, repeating information back

- Internal memory strategies such as categorizing information, visualization, repetition

- External memory strategies such as using a planner, using signs, staying organized

Spirituality
- Define spirituality vs. religion
- Self-care of body, mind, and spirit

Managing Mood and Depression

- Review symptoms of depression, such as loss of interest, sadness, change from previous level of functioning, fatigue or loss of energy, insomnia or hypersomnia, indecisiveness, suicidal ideation, feelings of worthlessness, weight loss or weight gain
- Review coping skills such as counseling, exercise/yoga, identifying feelings, journaling, medication, grieving a loss, support groups, journaling, hobbies

Preventing Infection

- Define pathogens: bacterial, viral, fungal, parasitic
- Define direct contact (close contact or touching) vs. indirect contact (eating contaminated food, drinking infected water, contacting feces)
- Define *Clostridium difficile* and methicillin-resistant *Staphylococcus aureus*
- Discuss methods of preventing infection such as practicing good personal hygiene; use of protective barriers such as gloves, masks, and condoms when exposure to infectious agents is possible; frequent hand washing; storing and cooking foods at the proper temperature; replacing toothbrushes often; cleaning gym equipment prior to use; proper disposal of waste and medical supplies

Multiple Sclerosis Questions and Answers

- Discuss with MS-certified nurse any MS-related current topics or questions

Reiki
- Reiki master performs a form of therapy on each individual, which uses simple hands-on, no-touch, and visualization techniques aimed to reduce stress, increase energy, and promote a sense of well-being.

Each participant receives a journal at the inception of the program. On the first day of class, participants are asked to record any benefits and goals they hope to achieve. Homework is given weekly. Homework is a thought-provoking question used to reinforce the day’s activities, such as: “What foods can I add to my diet to ensure proper nutrition?” Homework is recorded in the journals. Those willing to share their entries do so at the next class meeting.

The coordinator’s role in the program is to recruit and screen participants. The coordinator schedules all classes and instructors and facilitates the weekly meetings.