



Take home message

Stakeholders' engagement is key to developing a needs-oriented Evidence Gap Map of complementary therapies for people with multiple sclerosis



PEMS: Participatory Evidence synthesis in Multiple Sclerosis and complementary therapies

PEMS is a two-year project. Its aim is to engage key stakeholders to collect the best available research evidence of the effects of complementary therapies (CTs) on relevant outcomes for people with MS (pwMS).

Preliminary results

Result 1 - National survey 860 pwMS in Switzerland (Oct 2022 - Jun 2023; participation rate: 38%)

Muscular weakness (22%)

Most frequent symptom for CT use

Quality of life (44%)

Most frequent reason for CT use

Exercise

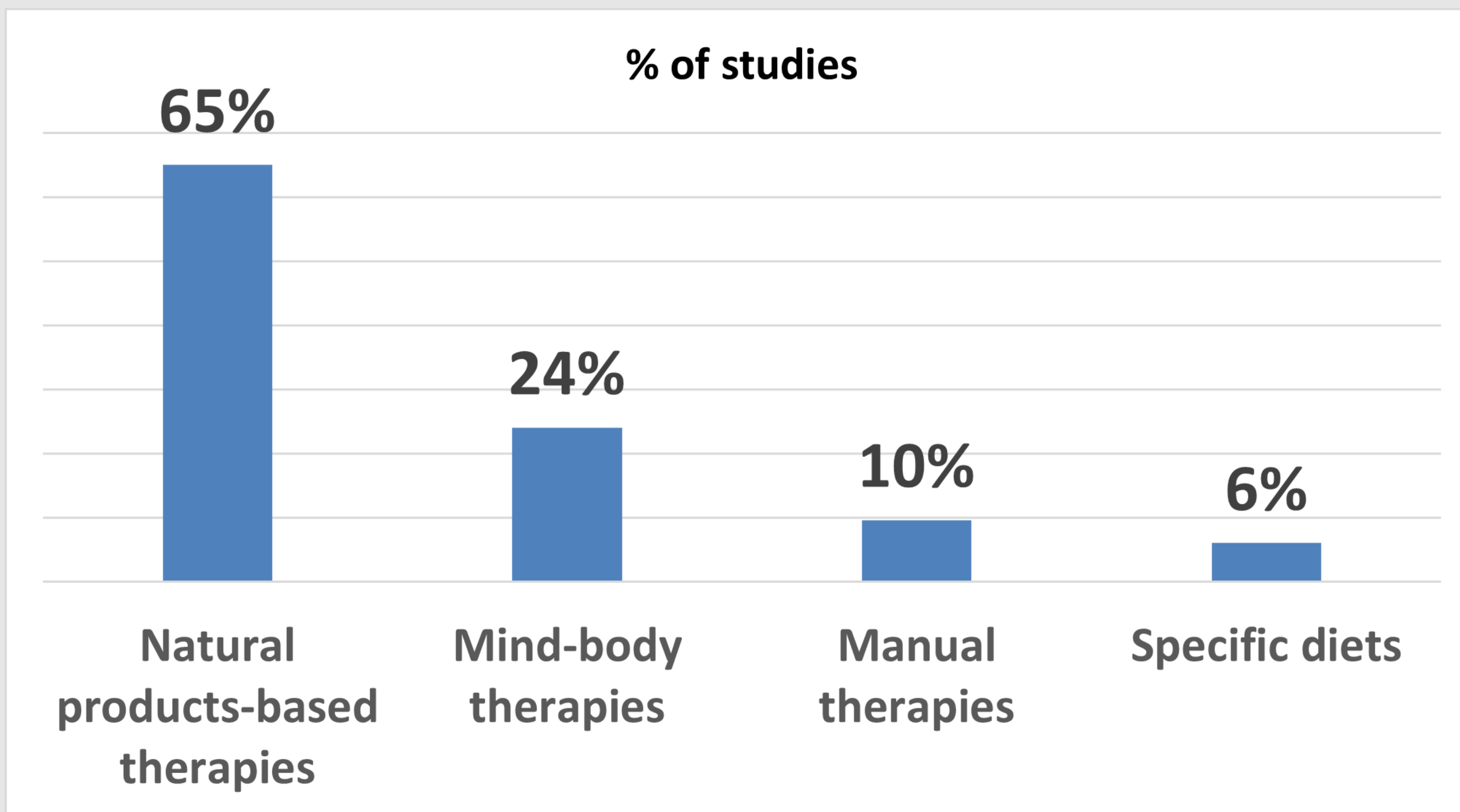
CT with the highest expectation on benefits and safety

Result 2 - Scoping review CTs and outcomes reported in systematic reviews (SRs) and randomized trials (RCTs) with pwMS

83 included studies

46 SRs

37 RCTs



Complementary therapies evaluated



Outcomes reported

Result 3 - Core outcome set for trials of CTs for pwMS: ongoing

Result 4 - Evidence Gap Map with SRs and RCTs of CTs and core outcomes for pwMS: ongoing

Methods



Potential limitation: low certainty evidence of complementary therapies in pwMS to support decision-making.

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