We are observing since several years to the progressive and alarming reduction of the physical level of activities. People have less and less time, the will to make a physical activity by regarding that as a useless luxury. Health is often looked like an acquired and inalterable good, but once the declared disease, the utopian considerations fall: “it is too late” or “one will see after the treatments when I am better”. Not only they do not practice significant physical activities or make some much less since the diagnosis of their disease, but also still, the attending practitioners or the specialists are not always the first to encourage them to modify their conduits of health (to give up their sedentary way of life and food practices). However, scientific studies join to note that the physical activity increases the rate of survival, decreases the risk of relapse, with a beneficial action on the depression, the anxiety and the regard of oneself, preserves autonomy (maintenance of the capacities physical and cardior-espiratory). But the report remains bitter, when one looks at the importance of a regular physical activity in the assumption of responsibility of these chronic pathologies.

Objective and method. – V@Si then proposes the first interactive and collaborative platform innovating in Adapted Physical Activities and health which centralizes at the national level the demands for APA through:
– an innovation of service by proposing courses of APA in videoconference (VISIOAPA) and/or face to face on site (institution or residence) (www.vas-i.fr) to facilitate the accompaniment of the Adapted Physical Activities some is the stage of the disease: preventive, curative, palliative, educational, and of rehabilitation;
– technological innovation with specular interface VI. First software of sensitizing, motivation and accompaniment to the adapted physical activity (APA), for the people from 6 to 99 years, attacks of chronic diseases, driving deficit or in loss of autonomy.

Discussion. – The subject must make strategic choices to choose the fields of intervention, the general objectives to reach and the means which it will engage to satisfy needs improve the quality of life and the conditions of health.

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Creation of a network of sports clubs for patients with multiple sclerosis in the Pays de la Loire region

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Objectives. – Physical activity is a source of physical and psychological well-being, but it is significantly decreased in the population with multiple sclerosis (PwMS). Fatigue is one of the most limiting symptoms in MS. It has been demonstrated that physical training (PT) could improve fatigue and quality of life in MS. We developed PT programs for PwMS in the department of physical medicine and rehabilitation (PMR) of Nantes’ University Hospital. However, patients were unable to maintain their activity beyond hospitalization. We therefore decided to create a network of sports clubs to welcome PwMS in an adapted way.

Methodology. – This project takes place within the framework of Resep Loire professional network. A first meeting targeted our choice of associations allowing multisports practice. We met representative persons of the Handisport Regional Committee, of the Regional Board for Youth and Sport and of PwMS’ sports associations to explain our project. In return for their commitment towards PwMS, the network would evaluate and train specialized sports teachers in MPR departments. Private financing would support the “Handisport Qualification Certificate” (CQH) for a supervisor of the partner association (or of a group of associations), noting their implication towards disabled people.

Results. – We identified seven pilot cities in the Pays de la Loire region in order to list the existing associations we could contact. In Nantes, we have already developed a partnership with an association that proposes Nordic Walking. Groups of patients came to practice this activity during PT programs in the service and registered afterwards in the association to continue this activity. Discussion. – PT has proven its effectiveness during hospital stays. However, the sustainability of PT effects is hampered by physical activity stop beyond the hospital period. This issue is highlighted in all French MS networks. To avoid this pitfall, Resep- Loire is situated in a partnership approach with sports associations in the region with which we would like to create a chart.

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