Improving Outcomes for People with Multiple Sclerosis
AVAILABLE POSTDOCTORAL OPPORTUNITIES BEGINNING JULY 1, 2021

Introduction

The long-term objective of this new postdoctoral training program is to improve the effectiveness of rehabilitation interventions in people with multiple sclerosis (MS). Research indicates that interventions involving the learning of self-management skills and engaging in healthy behaviors have only a modest effect on improving function and quality of life in people with MS. Innovative research is needed to optimize the effectiveness of self-management and rehabilitation interventions in people with MS. Such research will need to be (a) interdisciplinary, (b) inclusive, and (c) designed to identify the best strategies to improve outcomes of adherence and health.

Available Opportunity

Postdoctoral opportunities exist for nurse scientists to receive research training to improve rehabilitation and self-management outcomes in people with MS. This innovative training program is a collaboration involving the Cleveland Clinic Department of Physical Medicine and Rehabilitation and Frances Payne Bolton School of Nursing at Case Western Reserve University. The training program is sponsored by the National Multiple Sclerosis Society and a grant from the Patient-Centered Outcomes Research Institute. Mentoring will be provided under the direction of Matthew Plow, PhD, Francois Bethoux, MD, and Ronald L. Hickman, Jr., PhD, RN, ACNP-BC, FNAP, FAAN. Ideal applicants will be PhD-prepared nurses. Applicants who are PhD-prepared in rehabilitation or exercise science will also be considered. Qualified candidates from historically marginalized groups, ethnic minorities, sexual and gender minorities, and persons with disabilities are invited to apply.

Training Activities

Perplexing questions remain on designing self-management and rehabilitation interventions that incorporate optimal dosing, the most effective skills and behaviors to improve health outcomes, and the best ways to promote adherence. Training will be tailored to the selected candidates interests. It will include learning about rehabilitation concepts, universal research design principles, and the pathology and psychosocial impact of MS. After completing this introductory training, advanced training will be concentrated in the following areas: digital and blood biomarker discovery, function and quality of life measurement, technology-enhanced behavior change, and multiphase optimization strategies.

Benefits

Access to several datasets and hands on experience with conducting large clinical trials
Receive novel training from mentors with established research programs
Salary for 2 to 3 years of duration commensurate with experience
Stipend to conduct pilot study

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