The Lived-Experience of impaired sensation in the feet related to Multiple Sclerosis

A Descriptive Phenomenological Study

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Context of the Research

Impaired sensation in the feet related to MS

➢ 60% altered sensation
➢ 55% sensory loss
➢ 58% pins and needles
(MS Society 2017)

➢ Altered gait pattern (Thoumie and Mevellec, 2002)
➢ Reflexology (Siev-Ner et al, 2003)
➢ Exercises + sensory strategies (Catteneo et al, 2007; Gandolfi et al, 2015)
➢ Textured insoles (Asan et al, 2019; Amtmann et al, 2015)

Impaired sensation in clinical practice

Research Question & Methodology

What are the Lived Experiences of impaired sensation in the feet related to MS?

Descriptive Phenomenology
I do get periods of when one foot will be I can’t feel it and I can feel the other one, and that’s a bit strange because that alters your walking a little bit, and I have to keep checking on where I put my feet and where the floor is, you know it can be quite sort of a strange sort of sensation...

P1 states that the impaired sensation in her feet alters her gait because she must keep checking where she places her foot and where the floor is.

Participant’s naïve and concrete description...because that alters your walking a little bit, and I have to keep checking on where I put my feet and where the floor is, /...

When I go to move my toes now it feels as though I’ve got crisp packets folded up between my toes and that’s the crackling and the sensation, I can even hear the sound of it happening.

"I think, because I didn’t notice it before, I notice it more now because I haven’t got any feelings sometimes in my feet, that you actually do have a feeling in your legs normally..."