

Project Planning and Preparation

[REDACTED]

Chamberlain

University

NR-711 Fiscal Analysis and Project Management

Dr. Karen Myers

[REDACTED]

Project Planning and Preparation

Introduction

The purpose of the proposed DNP project is to provide an overview of the practice problem identified at the Multiple Sclerosis (MS) Center practicum site, along with the greater significance at the population and national level. The evidence-based intervention, a comprehensive wellness program, addresses the three priority focuses identified by the National MS Society including diet, exercise, and emotional well-being (Hart et al., 2011). A synthesis of the evidence will support the proposed practice change and an outline of the implementation plan, milestones, and measurement tools for evaluation will also be presented. Together, the details of the process will demonstrate how the intervention will improve the quality of life for the patients served.

Assessment

According to the Global Burden of Disease study, in the United States, there was a 23.9% increase in the incidence of MS, a 60.4 % increase in prevalence, a 75 % increase in disability-adjusted life years (DALYs), and as high as an 89.4% increase in mortality from 1990 to 2017 (Feigin et al., 2021). With approximately one million people living with MS in the United States today, the total economic burden has been reported to be 85.4 billion dollars annually (*Global Burden of Disease*, 2019). With annual direct excess medical expenses being approximately 65,612 dollars and indirect costs of 22, 875 dollars per patient, the biggest expenses are related to disease-modifying therapy and lost wages/productivity related to comorbidities and disability (Bebo et al., 2022). A focus on secondary and tertiary prevention, through a focus on wellness, may impact the economic burden, DALYs, and mortality (Donkers et al., 2019).