


Welcome to today's webinar:

Live Well with Multiple Sclerosis

Your Presenter is Jane Bridgman
Your Facilitator is Andrea Salmon

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Acknowledgement




We acknowledge and pay respect to the traditional custodians past and present on whose lands we meet today.

We acknowledge the deep feelings of attachment and the relationship of Aboriginal people to country and respect the cultural authority of the elders in each community.

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Introduction to Presenter




Jane Bridgman is a registered nurse with 6 years' experience in disability and aged care, progressive neurological conditions and primary healthcare. Jane is also an internationally certified MS Nurse and works as an MS Nurse Advisor.

The MS Nurse Advisor service is available for clients, carers, family members and health professionals who may have queries about multiple sclerosis, symptoms, medications and general wellbeing.

If you would like to speak with an MS Nurse Advisor, appointments are available by phone, Skype and Facetime.

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Objectives

- What is health and well-being?
- What does it mean to live well?
- Check in – how am I going at the moment?
- Different components of health
- MS specific information
- Addressing barriers
- Tops tips

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What is health and well-being?

World Health Organisation's definition of health:

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

Oxford dictionary definition of wellbeing:

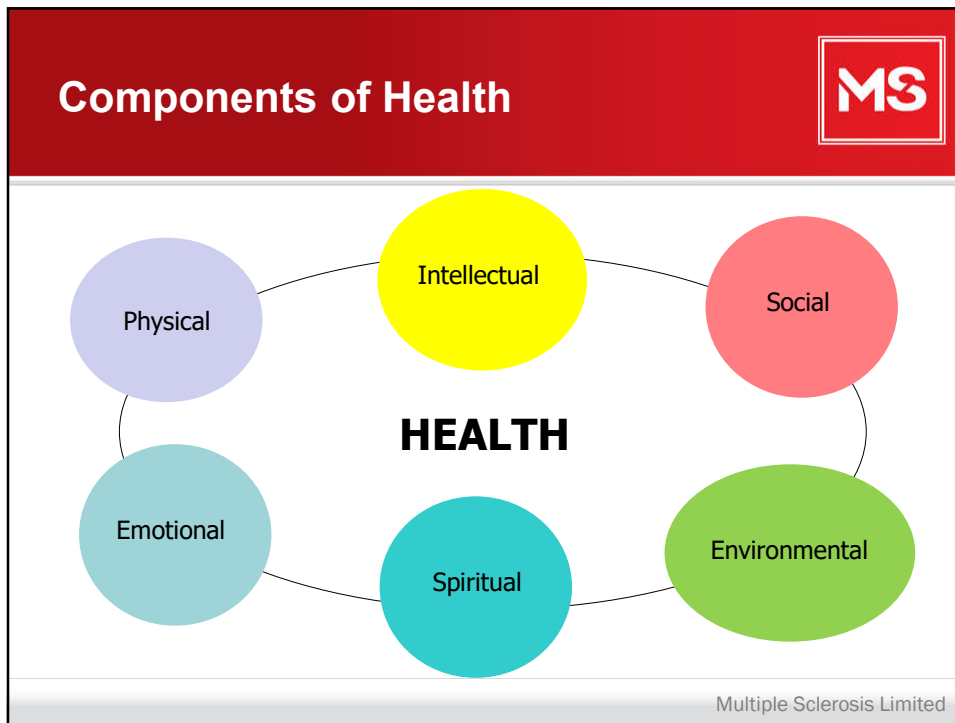
“ the state of being comfortable, healthy or happy”

Interpretation?

- Not just the absence of bad
- But the presence of good!

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What does it mean to live “well”

The cartoon shows a man in a green shirt and brown pants climbing a red ladder. At the top of the ladder is a circular sign that says "OPTIMAL HEALTH". Below it are four rectangular signs stacked vertically: "IMPROVED HEALTH", "AVERAGE HEALTH", "ILLNESS", and "DEATH". The man is currently at the "ILLNESS" level, looking up towards the "OPTIMAL HEALTH" sign.

MS

Some definitions:

- It's a feeling
- It's a way of being in the world
- engage with life in a meaningful and fulfilling way (www.bcliving.ca)

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Self check in - How am I going at the moment?



- Many fancy ways to do this
- Let's pause to take a moment



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Health expectations – where do I want to be?



- Are your expectations of your health and wellbeing too low or too high?
- Be mindful of unrealistic expectations
- Everyone is different, be careful not to compare

Reality	Social Media
	

"Comparison is the thief of joy" —
Theodore Roosevelt

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Physical Health



- Healthy, well balanced diet
- Proper sleep
- Physical activity
- Exercise
- Adequate hydration




- Unhealthy habits:
 - Smoking
 - Alcohol
 - Illicit drugs

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Standard health screenings



- GP: different for each person.. Minimum once a year
- Skin cancer checks: yearly
- Dentist: no general recommendation... 6-12 monthly
- Cervical screen test (replacement of the pap test): every 5 years, pap test was 3 yearly
- Breast cancer: mammograms every second year from 50 years – 74 years
- Bowel cancer screenings: men & women should complete faecal occult blood test (FOBT) every second year from 50 years – 74 years,
- Prostate cancer: chat with your doctor, especially if you have family history

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MS specific monitoring

MS

The diagram illustrates the spectrum of MS monitoring. On the left, a vertical axis separates 'Clinical' (top) and 'Subclinical' (bottom) levels. In the 'Clinical' zone, boxes represent 'Disability progression', 'Unreported relapses', 'Relapses', and 'Patient-reported outcomes'. In the 'Subclinical' zone, boxes represent 'Lesions detectable using standard clinical MRI techniques (white matter)', 'Brain atrophy', 'Lesions currently undetectable using standard clinical MRI techniques (white and grey matter)', and 'Neurofilament levels'.

- Regular monitoring is central to managing MS
- MRI
- Neurologist appointment
- Informed, shared decision making
- Keep an MS diary of things

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Intellectual Health

MS

- Keeping your mind active
- Learning about MS
- Employment, occupation, volunteering
- Be open minded
- Face to face conversation


- Things to watch out for:
 - Multi tasking
 - Over stimulation
 - Sitting down for too long
 - Too much screen time
 - Sleep deprivation

A cartoon illustration of a pink brain with a face, wearing blue-rimmed glasses and holding a blue pencil in its right hand. The brain has small arms and legs, standing on blue shoes. The background is white with faint, scattered icons of a lightbulb, a pencil, and a gear.


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Emotional Health



- Ability to understand ourselves and cope with the challenge's life can bring
- Are you able to have some degree of control over your emotions, feelings and behaviours?
- Things to watch out for:
 - Negative perfectionism
 - Prolonged stress
 - Prolonged low mood
 - Apathy – lack of emotion or interest
 - Little to no physical activity or exercise
 - Poor sleep



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Social Health




- Social connectedness is a basic need to belong to a group or community
- Some of us have strong supportive families, others of us are not so lucky
- If you are not apart of a supportive family, make sure you're linked into a system of support as well as you can be
- Things to watch out for:
 - Isolation
 - Feeling lonely
 - Unhealthy relationships
 - Bad influences
 - Spending too much time on social media



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Environmental Health



Where we live and how we live matters

- Your home can:
 - Influence your mood
 - Impact your behaviour
 - Reduce stress
 - Facilitate interaction with the wider world




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Spiritual Health



- Hope, purpose, direction and resolve and that “never give up” attitude are often fueled and sustained by people’s belief in something “more”
- This believe can give you strength and courage to persevere through challenges and hardship



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MS specific information

- Focus on the standard parts of healthy living
- Consider adding in some extra practices which are proven beneficial to brain health and specific to MS:
 - Diet: balanced, high fibre, low fat, prefer unprocessed or naturally processed foods
 - Weight: obesity is linked with worsen outcomes
 - Exercise: higher levels of aerobic fitness are associated with faster information processing and preserved brain tissue volume
 - Smoking: linked with worse outcomes in MS
 - Sleep: the foundation to everything!
 - Keep your mind active: protective against cognitive problems in MS when pursued over a lifetime
 - Stress and mood: it's hard to make positive choices when stressed

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Addressing barriers

What are my barriers to living well?

- “Can’t afford it”
- “I don’t know what to do”
- “I’m too tired”
- “I have a number of health conditions that make it all too hard”
- “I don’t have time”
- “I’m not motivated”
- “I have MS”
- “Exercising will make my MS and my fatigue worse”
- “Everything that is contributing to my poor health is related to MS”

What **can** be overcome? Put your focus **here!**

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Top tips



- Have a look at all the components of health; take
- Set and ~~forget~~ remember! – set up regular appointments with your GP, skin clinics and dentist for check ups
- Be kind to yourself
- We're all a work in progress, just keep at it

"If you try and fail, Congratulations!
Most people don't even try!"

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Summary



- Be realistic
- Be kind to yourself
- Slow and steady changes set you up for longer lasting benefits
- Take a break when you need to

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Food for thought



"I really need to live healthier"
Me at 2am:



"Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense." Ralph Waldo Emerson

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Questions




MS Connect
1800 042 138
msconnect@ms.org.au

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MS Connect



10 reasons to call us:

1. Up-to-date, evidence based information about multiple sclerosis
2. Expert advice on managing symptoms
3. Information about minimising the impact of multiple sclerosis
4. Support for people who are newly diagnosed
5. Information about treatment options
6. Education programs
7. Connections to other people living with multiple sclerosis
8. Referrals to appropriate services in your area
9. Extra support for you and your family
10. Respite options to give families short-term breaks



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Peer Support



- ❖ 1:1 Phone Support
- ❖ Face to Face groups -
(temporarily converted to Telegroups)
 - 2 in the ACT
 - 11 in Tasmania
 - 17 in NSW
 - 42 in Vic
- ❖ Telegroups
 - Currently running 12 telegroups
- ❖ Facebook groups
 - 3 groups – for people living with MS
 - for carers
 - for young carers – up to 25 years of age



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Get Your Act Together

- Online Tool – designed to help you better manage your multiple sclerosis symptoms
- Focuses on some of the common symptoms of MS – emotions, fatigue, continence, cognition, pain and heat sensitivity
- Designed for people living in the ACT but includes useful information for all people living with MS
- Complete the tool to receive a personalized report (listing services, resources, tips etc)

Visit www.ms.org.au and search Get Your Act Together

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Employment Support Services

The MS Employment Support Service (ESS) is the only MS specialist employment service for people living with multiple sclerosis in Australia that can help you succeed at work, whether that is staying in your current job or finding new employment.

Contact MS Connect for more information on free call 1800 042 138.

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Registered NDIS Provider

MS is a registered NDIS provider in NSW, ACT, Vic and Tas and is approved to provide:
(Pls note: Face to face services/programs have been either converted to online programs or postponed)

- Assistance with 'Access Request Forms', Access rejections and pre-planning
- Support Coordination – assistance to help make your plan active
- Plan Management
- Short term accommodation (Vic)
- Group activities – yoga, dance for health, exercise (NSW)
- Exercise Physiology (NSW)
- Specialist Continence Assessment (Vic)
- Occupational Therapy (NSW and Vic)
- Physiotherapy (NSW)

Want to learn more?
Please call
MS Connect
1800 042 138

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My Aged Care

My Aged Care is an Australian Government initiative, website and phone line to help you find about aged care services.

Available to people who are 65 years of age and over.

Why Contact My Aged Care?

- ✓ Information
- ✓ Assistance in mapping out your needs
- ✓ An assessment for further supports

Phone: 1800 200 422 Free call Australia wide

Website: <https://www.myagedcare.gov.au>

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Podcasts for Clients




PODCASTS

<https://www.ms.org.au/support-services/education/podcasts.aspx>

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Thank you



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msconnect@ms.org.au

Please stay on after this webinar to complete a short survey.

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