

Welcome to today's Webinar:

Bladder Changes in Multiple Sclerosis

Your Presenter is Fiona Easton
Your Facilitator is Annie Sassin

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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 


Fiona Easton is an MS Continence Nurse Advisor and has been working at MS for 12 years. Fiona's main role involves conducting the continence clinic at the MS Blackburn site as well the MS Watsonia and Williamstown supported living sites in Melbourne.

Fiona's background is that of general nursing and she is currently a registered continence advisor. She has a 4-year psychology degree and has experience in palliative care and crisis counselling.

Fiona enjoys working with people living with multiple sclerosis, including those who are newly diagnosed through to those with chronic symptoms. And she feels they would be the most resilient group of people she has met.

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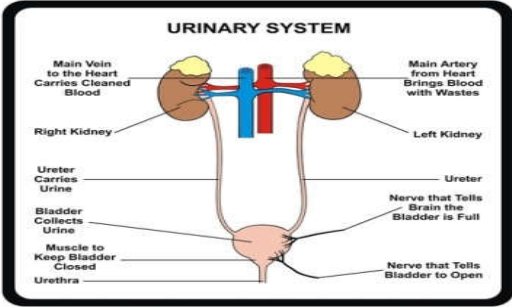

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The Neurogenic Bladder

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What is the Urinary Tract?




The diagram, titled "URINARY SYSTEM", shows the following components and their functions:

- Main Vein to the Heart:** Carries Cleaned Blood
- Main Artery from Heart:** Brings Blood with Wastes
- Right Kidney** and **Left Kidney**
- Ureter:** Carries Urine
- Bladder:** Collects Urine
- Muscle to Keep Bladder Closed**
- Urethra**
- Nerve that Tells Brain the Bladder is Full**
- Nerve that Tells Bladder to Open**

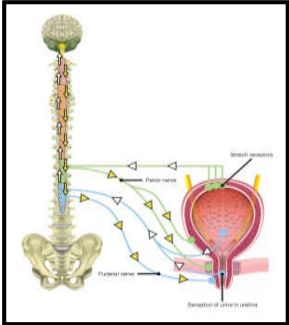
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Bladder Dysfunction



Bladder dysfunction associated with multiple sclerosis is caused by the interruption of nerve pathways / impulses that control the passing of urine (micturition)





The diagram illustrates the neural control of the bladder. It shows the brain, spinal cord, and pelvic nerves. Key components include:

- Brain:** The source of neural impulses.
- Spinal Cord:** The pathway for nerve impulses.
- Bladder:** The organ being controlled, showing the detrusor muscle and urethra.
- Labels:** "Brain impulses", "Pelvic nerve", "Pyral nerve", and "Detrusor of urine in bladder".

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Bladder Dysfunction 




Bladder dysfunction is one of the most common symptoms associated with multiple sclerosis

Surveys have indicated that 60 - 90% of people with multiple sclerosis have some level of bladder dysfunction at some stage

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Bladder Dysfunction Associated with MS 

1. Failure to store (detrusor overactivity)
2. Failure to empty- doesn't empty properly (retention-detrusor failure)
3. A bladder that combines the 2 types of dysfunction as above (detrusor sphincter dyssynergia) - or DSD

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Bladder Assessment





What Happens in a Bladder Assessment?

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Unstable or Overactive Bladder: Treatment

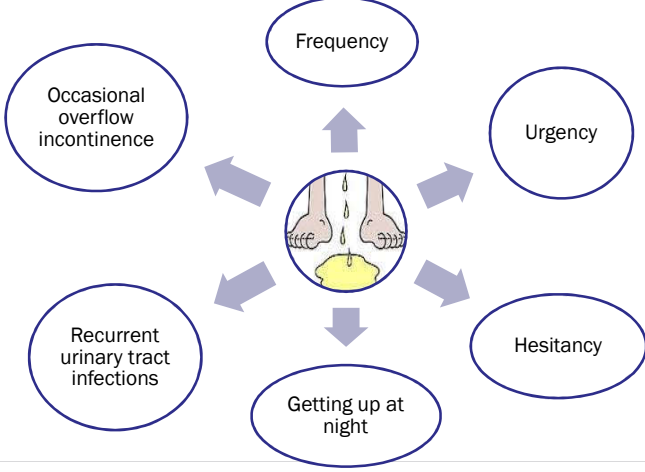



- Anticholinergic medications:
 - Oxybutnin (Ditropan) (Oxytrol patches)
 - Tolterodine (Detrusitol)
 - Solifenacin (Vesicare)
 - Mirabegron (Betmiga)
- Botox injection
- PILATES – increased core strength (2017)
- SNS
- P T N S

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Retaining Urine: Symptoms




The diagram features a central illustration of a person's lower body with a yellow bladder and a stream of urine. Six arrows radiate from this central image to six surrounding ovals, each containing a symptom: Frequency (top), Urgency (top-right), Hesitancy (bottom-right), Getting up at night (bottom), Recurrent urinary tract infections (bottom-left), and Occasional overflow incontinence (top-left).

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Detrusor Sphincter Dyssynergia: Symptoms



STORAGE DYSFUNCTION*



- Urgency
- Frequency
- Nocturia
- Recurrent urinary tract infection
- Sudden flooding incontinence
- Incontinence: inability to control time and place of urination
- Getting up at night to pass urine



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Detrusor Sphincter Dyssynergia: Treatment

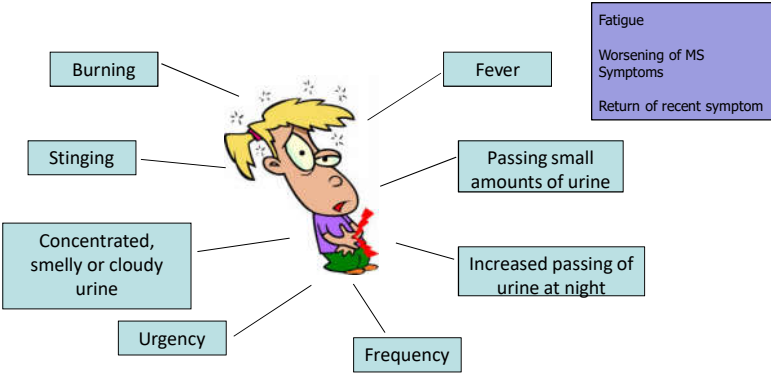



- Medication
- Clean, intermittent catheterisation
- Permanent Indwelling Catheter (Urethral or Supra Pubic)

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Urinary Tract Infection: Symptoms



Burning

Stinging

Concentrated, smelly or cloudy urine

Urgency

Frequency

Increased passing of urine at night

Passing small amounts of urine

Fever

Fatigue

Worsening of MS Symptoms


Return of recent symptom

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Some Simple Things to Help Reduce Infections

- Drink plenty of clear fluid
- Do not restrict fluids
- Add lemon to water
- Cranberry
- D MANNOSE - decrease UTI s,
- makes the e-coli stick to each other and not on the bladder wall
- Probiotics
- Keep antibiotics to a minimum




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Basic First Aid for Bladder Problems


- Review caffeine intake
- Review fluid intake
- Elevate feet
- Avoid constipation
- One change at a time
- Diet and exercise
- Talk to a doctor, a MS Nurse or a continence nurse



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How to source advice for all continence issues 



- MS Connect 1800 042 138
- National Continence Helpline 1800 330 066
- General Practitioner

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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.

MS Connect PH 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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Thank you



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