



Welcome to today's webinar:

Preparing for your Neurologist Appointment

Your Presenter is Jane Bridgman
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



Jane Bridgman
Jane 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




- Why make the effort to prepare?
- Things to consider when preparing
- Obvious and less obvious questions
- Common symptoms that may be unrepresented by MS patients when talking with neurologist
- Common problems that lead to poorer outcomes or experiences at appointments



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Preparing



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Be prepared - logistics



- Referral
- Support person
- Tests
- Transport
- Interpreter
- Costs
- List of medications
- Time



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Be prepared - communication



- Plan your questions and write them down
- Take a list of medications you are taking, including herbal, over the counter and non prescription medications
- Print out and use the MS 'Preparing for your neurologist appointment' checklist



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Preparing talking points



Tools


- Preparing For Your Neurologist checklist
- Notes app in your phone
- Pen and paper
- Email questions to doctor in advance
- Use voice recorder or app on phone to record your questions



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Obvious questions & discussion points

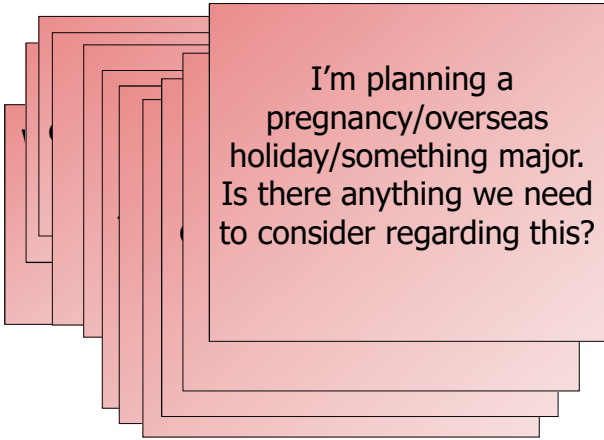



- Review of test results
- Relapse
- Treatment recommendations
- Prescriptions
- New symptoms
- Symptom management
- Disease modifying therapy
- Major life changes
- Requesting support letters or documentation for other purposes (driving assessment, NDIS or DSP)

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Less obvious questions




I'm planning a pregnancy/overseas holiday/something major. Is there anything we need to consider regarding this?

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Less obvious questions







- What kind of things do you want me to inform you about between appointments?
- How would you like me to contact you between appointments?
- When might I expect return contact from your or team?
- If you are unavailable (on leave, public holidays etc) is there a preferred other doctor to contact?
- What should I do if I think I'm having a relapse?
- If I need to go to an emergency department for something MS related, do you have a preference of hospitals?
- Which symptoms or situations should I speak to my GP about
- Any vaccinations I should be having?
- Regarding general health monitoring, should I be doing anything extra with my GP?
- I've still got this symptom, anything else we can try?
- I'm planning a pregnancy/overseas holiday/something major. Is there anything we need to consider regarding this?

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Remember to raise:



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Common Issues

- Didn't have scans or tests done in enough time for the neurologist to review
- Didn't write down time, date, place for next appointment
- Logistics fail: expired referral, interpreter not requested prior to appointment, transport not organised
- Remembering all your questions when you're on the way home from your appointment
- "I forgot what the doctor said!"

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Further Information

- MS Checklist: <https://www.ms.org.au/>
And search for preparing for your neurologist appointment
- Question Builder (for GP and Specialist appointments)
<https://www.healthdirect.gov.au/question-builder>
- Questionnaire to help prepare you for your appointment:
<http://www.livinglikeyou.com/our-ms/>
 - MS Connect 1800 042 138
msconnect@ms.org.au

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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

Watch this video:
<https://youtu.be/G5eRBnYvkw0>



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Registered NDIS Provider

MS is a registered NDIS provider in NSW, ACT, Vic and Tas and is approved to provide:

- 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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