



Welcome to today's webinar:

New Year's Resolution – Manage my Symptoms

Your Presenter is Bridie Phillips
Your Facilitator is Nicola Graham

Housekeeping



Thanks for joining us for this webinar – welcome!

You will be able to:


- hear the presenter
- see the slides
- see the presenter

You do not need to have camera or microphone.

We cannot see you or hear you today, but our system tells us that you are online.

Multiple Sclerosis Limited

Control Panel




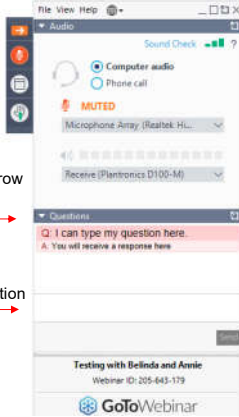
Control panel appears on the right of screen

If you are using a Mac, a tablet or an iPad, you need to look for the control icons across the top, side or bottom of your screen;

Click to minimize or maximise →


Click the down arrow on the Questions pane to open →

Type in your question and click send →




Multiple Sclerosis Limited

Handouts



Handouts have been sent separately.
This contains a copy of the slides presented today and possibly other relevant reading material depending on the topic

The webinar will be recorded and will be available on our website: www.ms.org.au via the Webinar library



Multiple Sclerosis Limited



Welcome to today's webinar:

New Year's Resolution – Manage my Symptoms

Your Presenter is Bridie Phillips
Your Facilitator is Nicola Graham

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.

Multiple Sclerosis Limited

Introduction to Presenter Bridie Phillips



Bridie is a Registered Nurse and has committed the last 13 years to community health, predominantly in palliative care, pain management and within the MS community. Bridie currently works in MS Connect as a 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, contact MS Connect on 1800 042 138. MS Nurse Advisor appointments are available by phone, Skype and Facetime.

Multiple Sclerosis Limited



Overview of MS Symptoms

Live Well

The diagram consists of three overlapping light blue circles. The top circle is labeled 'Lifestyle Approaches'. The bottom-left circle is labeled 'Pharmaceutical management'. The bottom-right circle is labeled 'Symptom management'. The circles overlap in the center, and each pair of circles also overlaps.


Multiple Sclerosis Limited

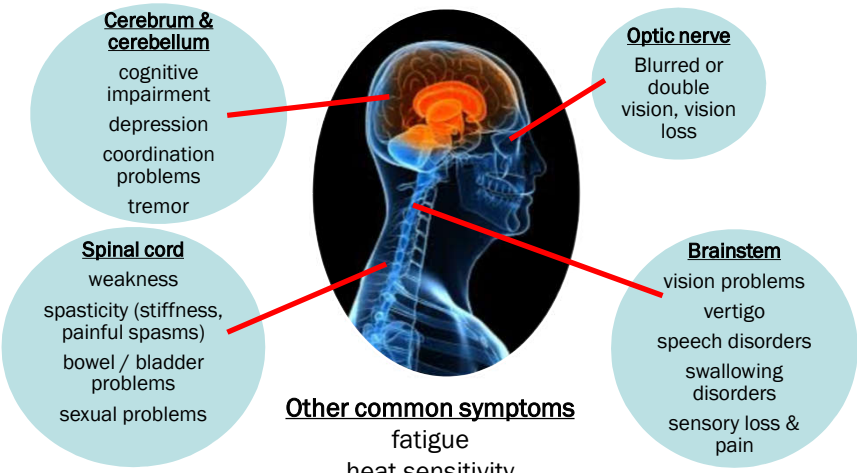
MS Symptoms- The Facts

1. Symptoms vary from person to person
2. Symptoms can fluctuate and change
3. Not everyone experiences every symptom
4. Symptoms can be invisible: eg fatigue
5. There is interplay between symptoms

Multiple Sclerosis Limited

MS symptoms





Cerebrum & cerebellum
cognitive impairment
depression
coordination problems
tremor

Spinal cord
weakness
spasticity (stiffness, painful spasms)
bowel / bladder problems
sexual problems


Optic nerve
Blurred or double vision, vision loss

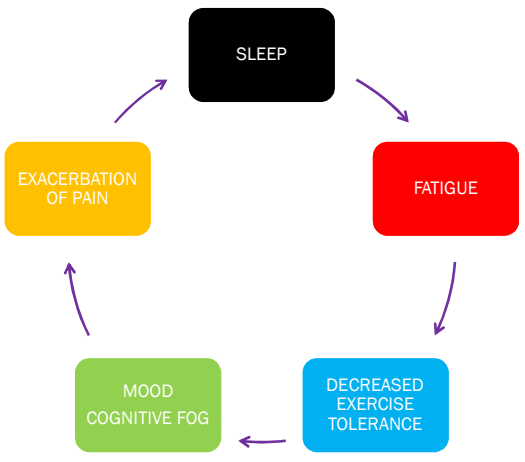
Brainstem
vision problems
vertigo
speech disorders
swallowing disorders
sensory loss & pain

Other common symptoms
fatigue
heat sensitivity

Multiple Sclerosis Limited

Interplay of Symptoms





```

    graph TD
      SLEEP[SLEEP] --> EXACERBATION[EXACERBATION OF PAIN]
      SLEEP --> FATIGUE[FATIGUE]
      EXACERBATION --> MOOD[MOOD COGNITIVE FOG]
      MOOD --> EXACERBATION
      FATIGUE --> DECREASED[DECREASED EXERCISE TOLERANCE]
      DECREASED --> MOOD
    
```

Multiple Sclerosis Limited

Identifying a Relapse



A **relapse** is a relatively sudden episode of either new symptoms or a worsening of existing symptoms that continues for longer than 24 hours (i.e. not temporary) in the absence of a fever or other causes and is separated from a previous attack by at least 30 days.

A **pseudo-relapse** also referred to as a pseudo-exacerbation is usually a temporary symptom flare-up that has nothing to do with the course of your disease, but happens because something has aggravated your condition, like a fever, infection, or hot weather or during or after times of intense stress.

Multiple Sclerosis Limited

Managing Symptoms



Prompt response to change in symptoms or new symptoms that do not settle after 24 hours

Seek advice from GP/MS Clinic Nurse/MS patient support programmes/MS Nurse Advisor

Notify neurologist

Present to an emergency department if symptoms significant (a relapse might indicate a need for change of DMT or steroid therapy)

“Do not be afraid to speak up”


Multiple Sclerosis Limited

Tracking Symptoms MS

Keep a symptom diary:
 -when was new symptom experienced-what it is? Different to normal?
 -current medications: what's worked and what hasn't?

For example: Saturday 5 June
 "This week fuzziness in my leg has moved up to my arm. Had some pains in my hand also one day, but it has been mostly ok. It mostly feels like both arm and leg is slightly "weaker" and fuzzy compared to the left side. Must remember to mention to my MS Nurse on Tuesday."

Consider using **Symptom tracker Apps:**
 e.g.. Symple Symptom tracker
 or Flaredown



Multiple Sclerosis Limited

Where else can I get support? MS

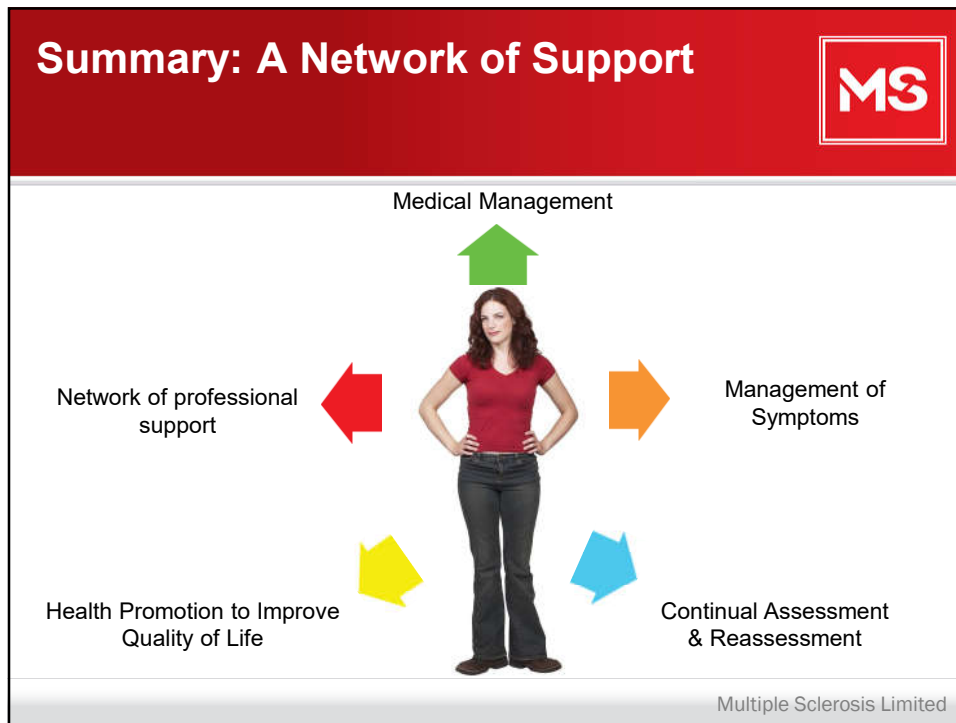
GP: Chronic disease management plans to access allied health such as OT/SP/PT/Exercise physiology
 Mental Health Plan to access psychologists/mental health support

NDIS: National Disability Insurance Scheme (under 65)
 MAC: My Aged Care (over 65)

National Continence Help Line 1800 33 00 66 (8am-8pm)
<https://www.continence.org.au/pages/national-continence-helpline.html>

MS Web page: Fact sheets on common symptoms
<https://www.ms.org.au/what-is-multiple-sclerosis/symptoms/common-symptoms.aspx>

Multiple Sclerosis Limited



Questions



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

Multiple Sclerosis Limited

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

Multiple Sclerosis Limited

Peer Support

- ❖ 1:1 Phone Support
- ❖ Face to Face groups
 - 2 in the ACT,
 - 9 in Tasmania,
 - 17 in NSW and
 - 40 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





Multiple Sclerosis Limited

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**

Multiple Sclerosis Limited

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/G5eRBnYvkwo>



Multiple Sclerosis Limited

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

Multiple Sclerosis Limited

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>

22/01/2020 MS Presentation Title Here Multiple Sclerosis Limited 24

Thank you



MS Connect
1800 042 138

msconnect@ms.org.au

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

Multiple Sclerosis Limited