


Welcome to today's webinar:

**Learn about Multiple Sclerosis –
for Newly Diagnosed**

Your Presenter is Jane Bridgman, MS Nurse Advisor
Your Facilitator is Andrea Salmon

1

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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2

Introduction to Presenter



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.

MS Nurse Advisors - available for phone consultations about anything related to MS.



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Overview



- What is MS?
- Why does it happen?
- Where does it occur?
- Pathophysiology
- Lesions
- Types of MS
- Relapse
- Symptoms
- Treatment
- Top Tips

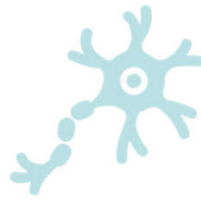
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4

What is Multiple Sclerosis?



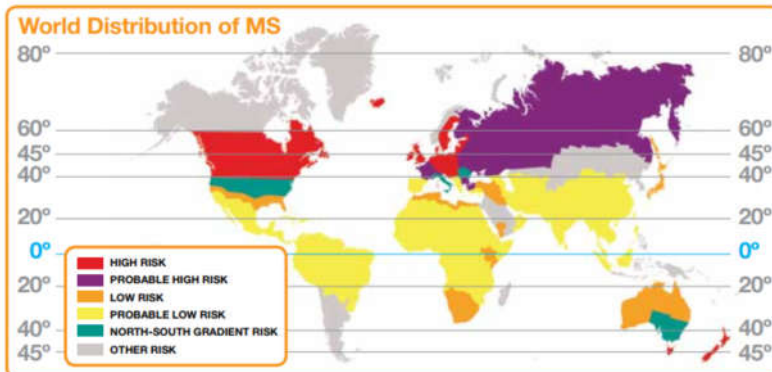
Multiple Sclerosis is a chronic, demyelinating, autoimmune disease of the central nervous system



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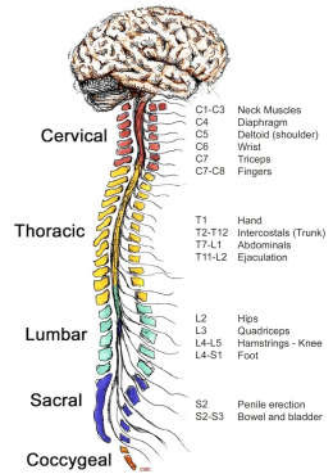
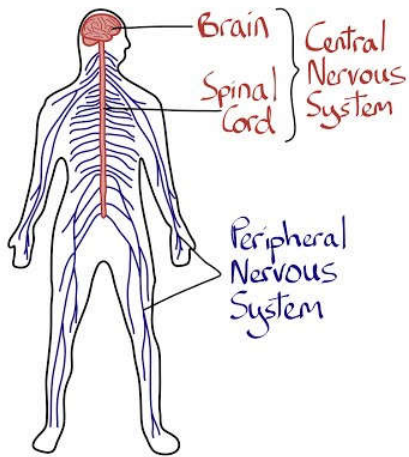
Why does it happen?



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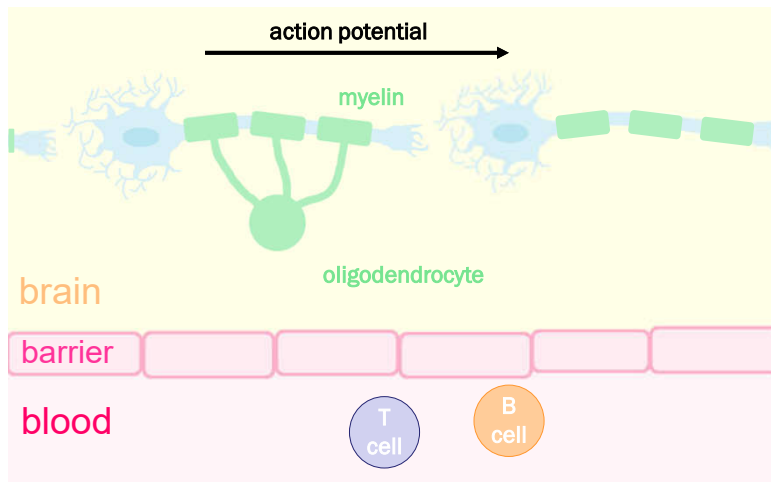
Where does it occur?



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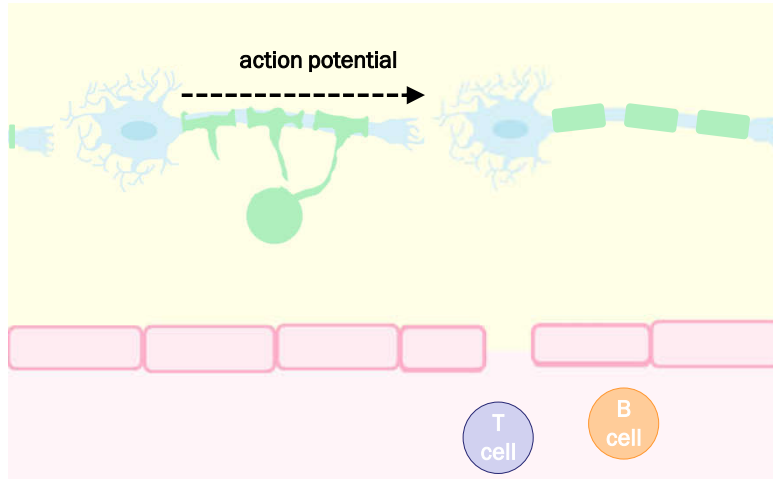
Usual process



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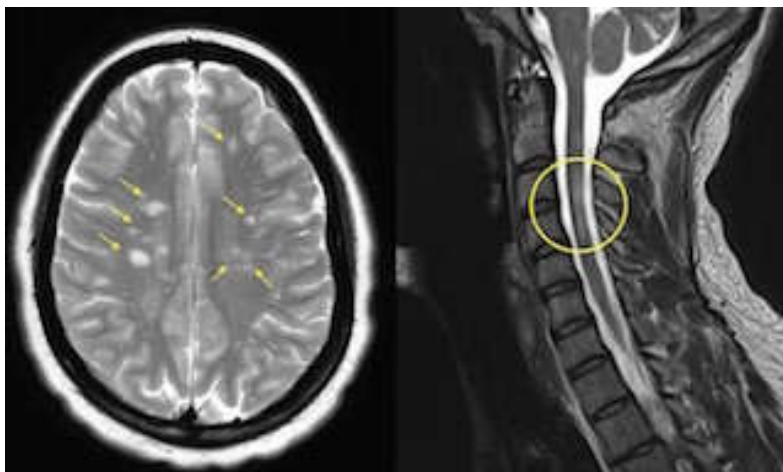
What happens in MS?



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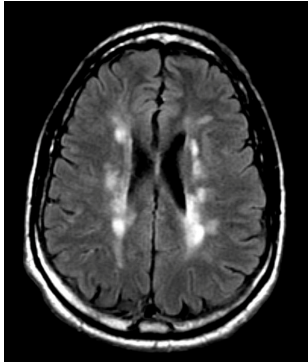
MS lesions



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Diagnostic Process



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- Medical history
- Neurological examination
- Blood tests
- MRI scans
- Lumbar puncture
- Evoked potential tests



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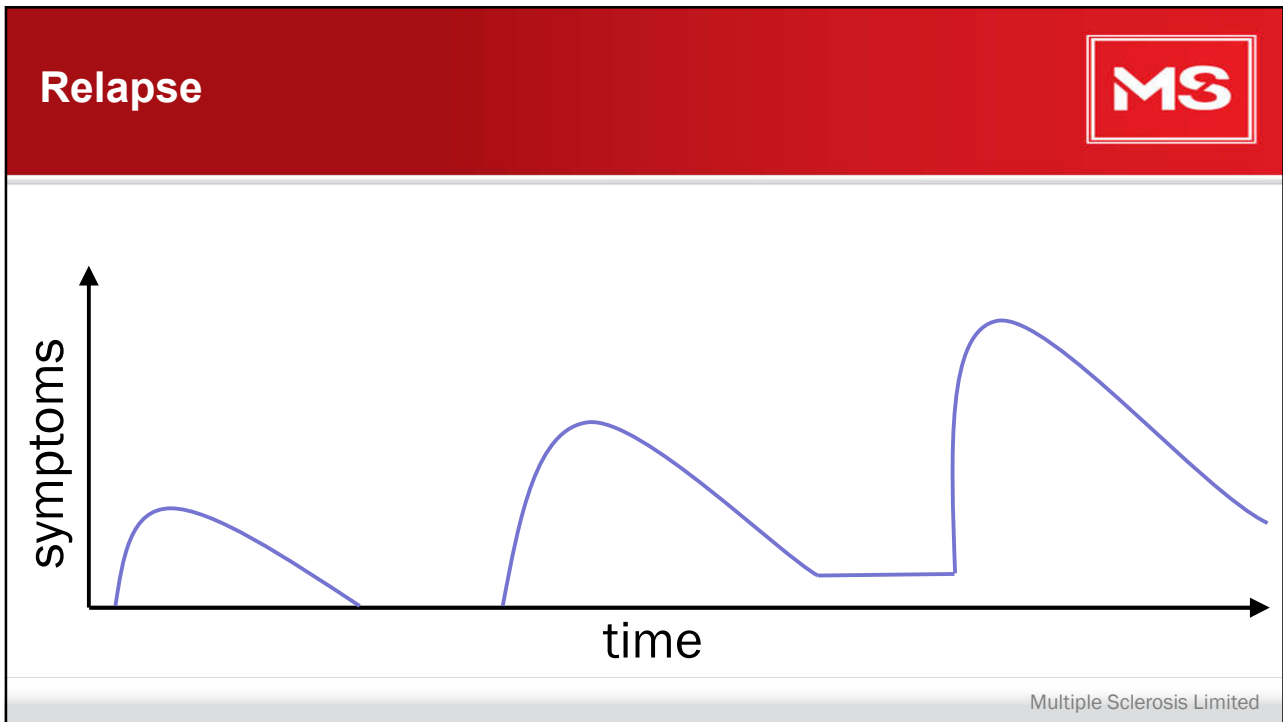
11

Types of MS



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13

Symptoms

UNDERSTANDING

MS

- Fatigue
- Blurred or double vision
- Loss of balance or coordination
- Weakness in the arms or legs
- Heat intolerance
- Sensory changes
- Problems with speech, slurring and/or swallowing
- Cognitive, mood, behaviour change
- Pain
- Continenence problems
- Tremor
- Sexual problems
- Spasticity

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14

Symptoms




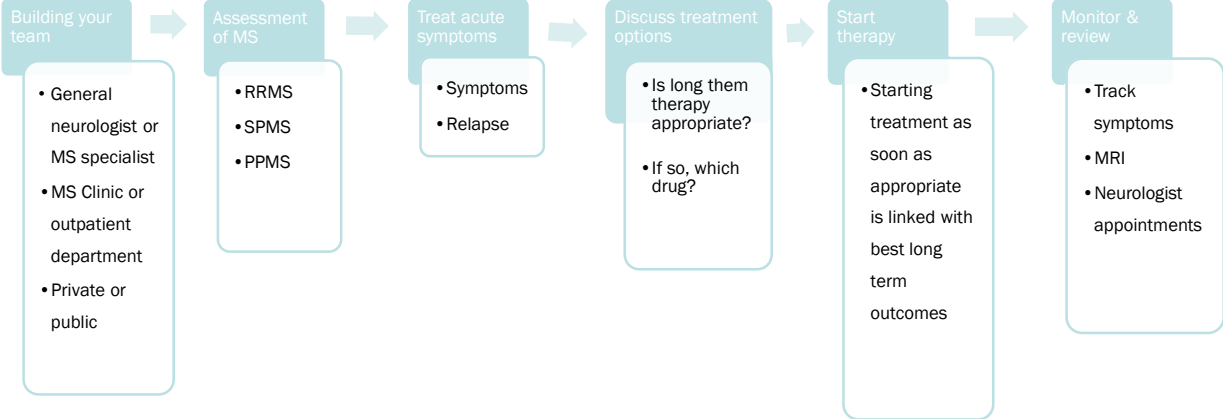


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What happens after diagnosis?





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graph LR
    A[Building your team] --> B[Assessment of MS]
    B --> C[Treat acute symptoms]
    C --> D[Discuss treatment options]
    D --> E[Start therapy]
    E --> F[Monitor & review]
    
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16

Who treats MS?

MS

- Neurologist
- GP – long term
- Pharmacy – long term
- MS Nurse (clinic)
- Family, friends, social supports

Allied health:

- **Physiotherapist:** maintaining function and movement, maximising potential, restore wellbeing
- **Occupational Therapist:** help to overcome barriers to complete daily activities
- **Speech Pathologist:** swallowing, communication – speaking, listening, understanding, reading, writing etc
- **Dietitian:** role of food and nutrition in health
- **Podiatrist:** experts in foot care and lower leg care
- **Exercise physiologist:** clinical exercise interventions
- **Psychologist:** expert in mental health, can change the way we think, feel, behave and react


- Formal services: NDIS, MS Employment Support Service

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17

How is it treated?

MS




Strategy	Slow disease progression	Minimise symptoms
Disease modifying therapy	✓	✗
Symptom management	✗	✓
Brain healthy lifestyle	✓	✗




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18

Lifestyle changes: think Brain Health!







Keep as active as you can




Keep your weight under control




Keep your mind active



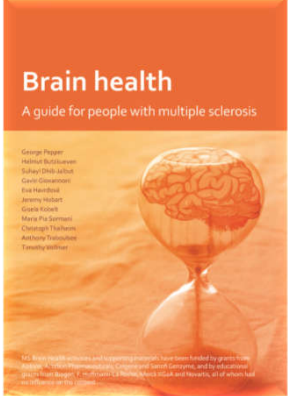
Avoid smoking



Watch how much you drink



Continue taking other medicines your doctor has prescribed



Brain health
A guide for people with multiple sclerosis


George Pappe
Hilbert Buchkauer
Silvia Dink Jaber
Gabi Gonen
Frae Harboul
Sorely Huhay
Garda Kozak
Mary-Flia Linnick
Cherrie Tullman
Anthony Tullman
Tara Wyllye


Source: www.msbrainhealth.org

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Top tips: Survive, then thrive!







Survive then Thrive


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Top tips: Managing the medical stuff



Survive then Thrive



Managing the Medical Stuff

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21

Top tips: Manage your social environment



Survive then Thrive



Managing the Medical Stuff



Manage Your Social Environment

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Priorities – what to do and when?




 Survive then Thrive	 Managing the Medical Staff
 Manage Your Social Environment	 Priorities – what to do and when

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Helpful resources



Watch:
 Dr Sally Shaw - Take Charge & Become the CEO
https://www.youtube.com/watch?v=3a1XGdlz5Bw&feature=emb_logo

Read:
 Brain Health: a guide for people with MS
<https://www.msbrainhealth.org/resources/for-people-with-ms/article/brain-health-a-guide-for-people-with-ms>

Use:
 MS Trust “What’s Causing My Symptoms?” tool
<https://www.mstrust.org.uk/about-ms/ms-symptoms/whats-causing-my-symptoms>

Do:
 Take it slowly, acknowledge success and know that you’re doing a great job

Don’t:
 Don’t it alone! Reach out for help. We are here for you.

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Where to from here



“You can’t control the wind,
But you can adjust your sails”



- Yiddish Proverb

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Questions



MS Connect
1800 042 138

msconnect@ms.org.au

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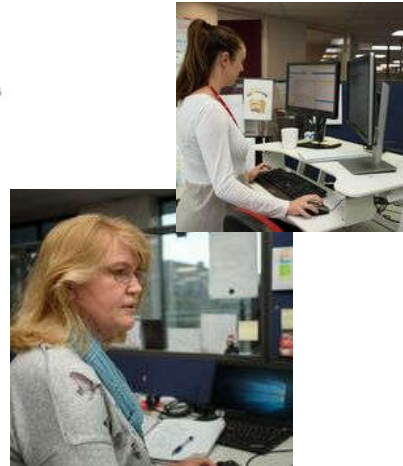
26

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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27

Peer Support



- ❖ 1:1 Phone Support
- ❖ Face to Face groups -
(temporarily converted to Telegroups)
- ❖ Telegroups
- ❖ Facebook 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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29

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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30

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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31

Podcasts for Clients



PODCASTS

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

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32

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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