

APPENDIX 3. REVIEW CHECKLIST AND RESOURCES

Note: The following list of questions is not meant to be asked of every person with MS on every occasion. It is a reminder of the wide range of potential problems that people with MS may face.

Initial Open-Ended Question:

Since you were last seen, has any activity you used to do been limited, stopped or affected?

Activity Domains

It is worth asking questions directly (particularly if nothing has been identified above), choosing from the list below those activities appropriate to the patient:

Are you still able to undertake:

- vocational activities (work, education, other occupation)?
- leisure activities?
- family roles?
- shopping and other community activities?
- household and domestic activities?
- washing, dressing, using toilet?
- getting about (either by walking or in other ways) and getting in and out of your house?
- controlling your environment (opening doors, switching things on and off, using the phone)?

If restrictions are identified, ask the patient to identify the reasons (if possible), considering impairments (see below), and physical and social factors.

Common Impairments

It is worth asking about specific impairment from the list below, again adapting the patient and what you already know:

Since you were last seen, have you developed any new problems with:

- fatigue, endurance?
- speech and communication?
- balance and falling?
- chewing and swallowing food and drink?
- unintended change in weight?
- pain or painful abnormal sensations?
- control over your bladder or bowels?
- control over your movement?
- vision and your eyes?
- thinking, remembering?
- your mood?
- your sexual function or partnership relations?
- how you get on in social situations?

Final Question

It is always worth finishing with another open-ended question:

Are there any other new problems that you think might be due to MS that concern you?

Source:

Multiple sclerosis. Management of multiple sclerosis in primary and secondary care. *NHS Clinical Guidelines* 2003; Clinical Guideline 8 (November):1-68. Used with permission.

RESOURCES

- MS Society of Canada: www.mssociety.ca
This site offers a wide range of information and resources, including a comprehensive list of recommended books, clinical trials, and contact information for MS Clinics across Canada.
- US National MS Society (Note: some of the information is only relevant to the US): www.nmss.org
- International MS Societies: www.msif.org
- Consortium of MS Centres: www.msicare.org
This site is an excellent evidenced-based resource for all health professionals who provide care for individuals with MS. There is an online journal, the International Journal of MS Care, provided to promote multi-disciplinary approaches to treating individuals with MS, as well.