



Multiple Sclerosis and Parkinson's Society of Canterbury (Inc)

# MS Society services

## Role of MS Resource Nurse

### Fatigue

[www.ms-pd.org.nz](http://www.ms-pd.org.nz)



Providing support, information,  
education and physiotherapy  
services for people with Multiple  
Sclerosis in Canterbury



- **Support for people with MS**

- All contact is confidential
- Visits can take place in your home or at the society
- We offer ongoing support for partners, children and families
- Home visiting as required
- Referrals to GPs, other allied Health Professionals
- After hours visits on request as required
- MS Society Physiotherapy assessment and advice
- Specialist gym facilities and variety of exercise programmes e.g. Yoga class x2 weekly
- Information related to research, treatment and practical coping skills
- Immunotherapy education, training and support
- Subsidised podiatry
- Taxi Vouchers/mobility cards



- Staff at MS and PD society
- Manager
- Office Manager
- Office Assistant
- X2 Registered Nurses
- X2 Physiotherapists
- Yoga instructor
- Exercise Leader
- Funding raising and Events Coordinator
- Social Activities Coordinator
- Events Assistant

Volunteers



- Role of MS Resource Nurse
- Assessment of new clients
- Annual Assessments



Current Functional Status over last 12 month

Date

Mobility	Independent	Slowness	Balance problems	Falls	Last fall	Mobility aides	Last Physio input
Cognition Mood	Alert	Word finding	Difficulty with memory	Decision making/confid	Mood changes	Problems with motivation	Controlling impluses
Nutrition	Independent meal preparation	Independent with food handling	Able to access relevant foods	Swallowing difficulties	Weight issues		Support required
Sleeping	No sleeping difficulties	Restless sleep	Getting up during the night		Daytime sleeping	Fatigue	Fatigue Workshop
Activities of daily living	Independent with all ADL's	Difficulty showering	Difficulty dressing	General household tasks	Social Activities	Work effected?	Support required
Bladder	Continent	Incontinent	Urgency Hesitancy Retension	Catheter	UTI's	Sexual issues?	Referral/support ?
Bowels	Continent	Incontinent	Constipation:	Regular yes/no	How do you manage bowels?	<u>Information</u>	Requires Support
Other	Pain	Tremor/spasticity	Blurred vision	Medication difficulties	Complimentary medicines	Relationship issues?	Support people



Client Support Plan			
Client's Needs / Main Issues	Goals	Interventions / Actions	Referrals
<p><b>Other Assessments:</b> Consider if more in-depth assessment is required due to impairments.</p>		<p><b>Completing the Plan:</b></p> <ul style="list-style-type: none"> <li>• Ensure consent procedure is completed and signed</li> <li>• All assessments completed</li> <li>• Main issues identified</li> <li>• Agreed plan with client on outcomes</li> <li>• Give relevant pamphlets, information</li> <li>• Add information to client notes</li> <li>• Process referrals as agreed</li> <li>• follow up with other agreed parties</li> </ul>	<p><b>When will I review</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1-2 weeks</li> <li><input type="checkbox"/> 1 month</li> <li><input type="checkbox"/> 3 months</li> <li><input type="checkbox"/> 6 months</li> <li><input type="checkbox"/> 1 year</li> </ul> <p><b>On completion advise client:</b></p> <ul style="list-style-type: none"> <li>• That they can make contact at any time between visits if other concerns or issues arise</li> <li>• How to contact and leave details</li> </ul>



# Immunotherapy Education

Clients who meet the criteria to commence on Immunotherapy (3 injectable drugs) although there are more which are self funded

Clients undertake training on self injection education related to side effects

Identifying injection sites

Understanding safety aspects of storing, using and disposing.

Understanding common side effects  
Follow-up for people on drugs






# Fatigue



“ It is not a healthy tired.....  
It is a draining sickening tired  
that engulfs you, it weighs  
you down,”



- 75 – 90% people with MS, experience fatigue.
  - Many find it the worst symptom
  - Stops them carrying on with their “old” life
  - It is not just ‘tiredness’
  - It is not always better after rest/sleep
  - It is difficult for other people to understand
  - Inconsistent and unpredictable
  - Out of proportion to activity
- 

# Causes of Fatigue



# Managing your fatigue

- Recognise which of the secondary causes apply to you and what triggers your fatigue.
- Minimise these.
- Manage and maximise your energy
- Medication – mild success for some.

It can be *hard* work!!



# Fatigue diary

- Keep a diary for a week
- Use the diary to....
  - Dump
  - Delay
  - Delegate
  - Do it (smarter)
- Respect your limits



minimise fatigue  
**maximise** life  
CREATING BALANCE WITH MULTIPLE SCLEROSIS


- Developed by Jessie Snowdon, Physiotherapist for the Society.
- In collaboration with MS members, who had completed the first course.
- Evidence based self-management programme.
- Encourages group support and problem-solving.

minimise fatigue  
**maximise** life  
CREATING BALANCE WITH MULTIPLE SCLEROSIS

- 2 hours a week for 6 weeks
- Working in small groups of 6 people
- Facilitated by a Health Professional
- Offered in Christchurch for the last 18 months
- In 2013, we will be training facilitators from other parts of New Zealand
- On offer throughout New Zealand by 2015



# Society's Physiotherapists:

- Offer individual Physiotherapy assessments to all members.
  - Support members with exercise
    - In exercise groups offered at the Society
    - In people's own home
    - In community gyms/exercise groups
  - Refer onto other services, CDHB
  - Provide advice and education to members, family, health professionals and other organisation's.
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**MS+PD**



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For more information on MS, Parkinson's or the Society please go to [www.ms-pd.org.nz](http://www.ms-pd.org.nz) or phone **03 366 2857**.

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