

10 HINTS FOR QUALITY CARE OF PEOPLE WITH MS

1. A sudden increase in fatigue level is often the first sign of infection in people with MS
2. The easiest written material for people with MS to read is plain black lettering on white paper in at least a size 14 font.
3. Spasticity, or muscle spasms, can be reduced by moving limbs slowly and smoothly rather than by quick, sudden movements.
4. Heat aggravates symptoms in 80% of people with MS, although this temporary worsening can be relieved by cooling
5. Urinary tract infection can lead to serious complications in MS and requires immediate attention and treatment
6. Depression is common in people with MS but responds well to psychotherapy and/or antidepressants.
7. MS often brings cognitive changes including short-term memory loss, reduced attention span, and impaired judgment. Therefore, self-report may not always be as accurate as it appears.
8. Frequent skin checks is important with people with MS since many will not report scrapes, cuts or sores because they do not feel them or cannot see them.
9. Side trunk supports and seat belts should not be used as restraints but can be helpful as positioning devices. The rehabilitation and assistive technology needs of people with MS are often complex and difficult to meet without expert advice and consultation.
10. Nursing assistants who have a lot of patience should be the ones to feed people with MS who have swallowing disorders. Staff who grow impatient can transfer their tension to the person with MS and increase the likelihood of a choking episode.