MORE ABOUT MS **WORKSHOP HANDOUT**

GETTING TO KNOW THE HEALTHCARE TEAM

YOUR EXTENDED HEALTHCARE TEAM

Prepares and dispenses medications: ensures medication safety

Allied health professional that supports the work of physicians and other healthcare professionals in a clinical settina

COORDINATOR/

Formulates, develops and implements individualized treatment plans

PHYSICAL

May help prevent the loss of mobility, reduce pain and restore physical function OUR CORE HEALTHCARE TEAM

SYCHIATRIST

Prescribes medications to manage mood changes

OCIAL WORKER

Connects people to community resources: provides mental health counseling

GYNECOLOGIST

Helps women with sexual and reproductive health, including pregnancy

Specializes in urinary health; helps men with sexual and reproductive health

MS NURSE

PHYSICIAN (PCP)

non-emergency

care; works in

coordination

with specialists

and non-specialized

Provides

Has knowledge specific to MS experiences and medications; assists in coordinating care across all members of healthcare feam

NEUROLOGIST

Specializes in the central nervous system and provides centralized care for MS patients; works in coordination with PCPs

ADVANCED PRACTITIONER

Includes Nurse Practitioners and Physician Assistants, who provide a wide range of care, supporting other providers

OCCUPATIONAL

May help improve ability to perform daily activities, including managing fatigue

NUTRITIONIST/

Advises on the role of nutrition, including supplements and diet

PAIN MANAGEMENT

Provides pain management techniques, strategies and equipment

NEURO-**OPHTHALMOLOGIST**

Specializes in managing vision abnormalities. which can be common in MS

PHYSIATRIST

Assists with numbness, flaccidity and spasticity; can advise on exercise, prosthetics / orthotics and adaptive devices

PSYCHOLOGIST

Provides behavioral health counseling to improve well-being

SYCHOLOGIST

Assesses and treats cognitive impairment

SPEECH-LANGUAGE **PATHOLOGIST**

Evaluates speech, swallowing and improves communication



FINDING A COMPREHENSIVE CARE CENTER VS. CREATING YOUR OWN

<u>Comprehensive care centers</u> house the members of the healthcare team in one office or on one campus. The team members work together to provide coordinated care. These centers are typically found in urban areas.

In most communities, however, people need to assemble their own team.

<u>The National MS Society</u> maintains a list of healthcare providers who specialize in MS care. You can look for a specific type of provider in your area. The results of your search will indicate whether the provider is part of a comprehensive care center, is a recognized Partner in Care with the Society, and how far you have to travel to access each provider.

(800)-344-4867 and <u>www.nationalmssociety.org/Resources-Support/Find-Doctors-Resources</u>

TIPS FOR USING YOUR HEALTHCARE TEAM MEMBERS OPTIMALLY

- Come to appointments prepared to share your goals and questions.
- Bring a family member or friend as a second pair of ears.
- If you don't understand something, say so.
- Carry a list of all your prescription and over-the-counter medications.
- Remember that healthcare providers have very limited time, so you may need to take on the role of messenger between team members.