

BRAIN BOOSTER

BY FUSION

**MANAGING MULTIPLE
SCLEROSIS**

fusion
Care Software

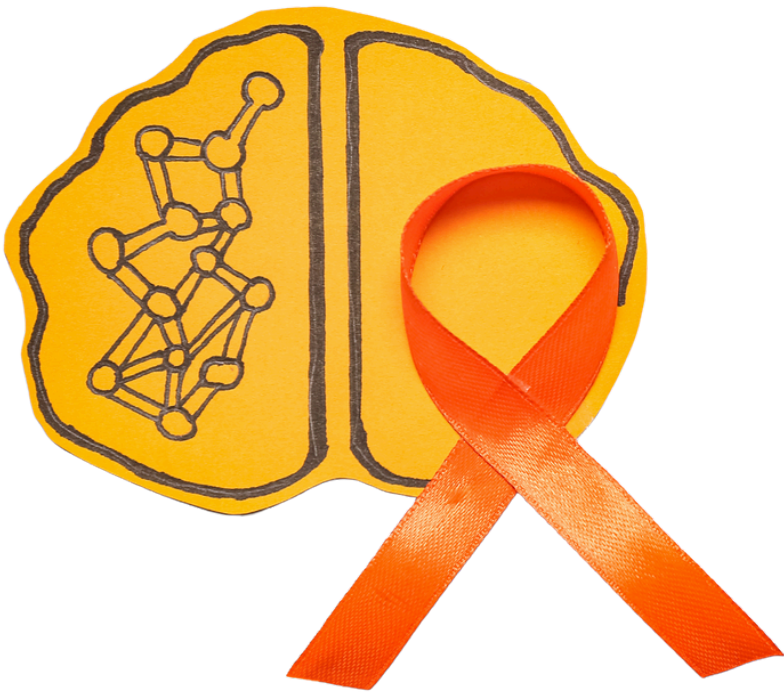
Empowering Outstanding Care Through Technology

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WHAT IS MULTIPLE SCLEROSIS?



A chronic condition affecting the brain and spinal cord.

The immune system attacks the protective layer (myelin) around nerves.

This disrupts communication between the brain and body. Symptoms vary widely and may come and go (relapsing-remitting) or gradually worsen.



Common Symptoms

☉ Symptoms differ from person to person, but often include:



Fatigue

(very common and often severe)



Muscle stiffness or spasms



Mobility issues

(weakness, balance problems)



Cognitive changes

(memory, concentration difficulties)



Pain or numbness



Vision problems

(blurred or double vision)



Mood changes

(e.g. depression, anxiety)



Bladder and bowel issues

Types of multiple sclerosis

**Relapsing-
Remitting MS
(RRMS)**

Flare-ups followed by
recovery periods

**Secondary
Progressive MS
(SPMS)**

Gradual worsening after
initial relapses

**Primary
Progressive MS
(PPMS)**

Steady decline without
clear relapses

Key Care Principles:

1. Person-Centred Care

- Respect independence and preferences
- Encourage involvement in decisions
- Understand that symptoms fluctuate daily



2. Managing Fatigue

- Plan activities around energy levels
- Allow rest periods
- Avoid overexertion

3. Mobility Support

- Use aids safely (walkers, wheelchairs if needed)
- Reduce fall risks (clear pathways, proper footwear)
- Assist with transfers carefully



4. Communication & Cognition

- Speak clearly and allow time for responses
- Use simple instructions if needed
- Be patient with memory difficulties



5. Personal Care

- Maintain dignity and privacy
- Be aware of sensitivity to touch or pain
- Monitor skin integrity (risk of pressure damage)

6. Bladder & Bowel Care

- Support regular toileting routines
- Be discreet and respectful
- Watch for signs of infection





Heat Sensitivity

Many people with MS are sensitive to heat:

- Symptoms may worsen in warm environments
- Keep rooms cool and well-ventilated
- Offer cool drinks and light clothing

Treatment & Medication

While there is no cure, treatments may include:

- Disease-modifying therapies (slow progression)
- Medications for symptom control (pain, spasms, fatigue)
- Physiotherapy and occupational therapy



Always:

Follow care plans carefully

Report any sudden changes or relapses

Emotional & Psychological Support:

- › MS can be unpredictable and frustrating
- › Offer reassurance and active listening
- › Encourage social interaction where possible
- › Be aware of depression or anxiety signs

When to Report Concerns

Care staff should escalate if they notice:

- › Sudden worsening of symptoms
- › New vision or speech problems
- › Signs of infection (e.g. urinary tract infection)
- › Increased falls or confusion

Supporting Independence

- Encourage what the person can do
- Avoid doing tasks unnecessarily for them
- Promote confidence and self-esteem

Key Takeaway:

MS is unpredictable and individual.

Good care focuses on:

- Flexibility
- Respect
- Safety
- Emotional support

