

# A mutual agreement to define shared responsibilities and decision making



## my/MS commitments

This document has been developed with the help and suggestions of people living with MS and MS healthcare professionals

Name:

Address:

.....

Neurologist/MS nurse:

.....

Date of diagnosis:

.....



**Take some time to read this document and feel free to ask any questions.**

- Your healthcare team has signed up to the initiative *MyMS commitments*, with the aim of providing you with the best and most personalised care possible
- The commitments agreement aims to share responsibility for your MS between you and your healthcare team and outlines what you can expect from each other
- It lists the commitments your healthcare team will make to you and the responsibilities they would like you to take on
- Being open about commitments between you and your healthcare team can help to build trust and strengthen your relationship
- This document can be tailored to suit your needs.

All the information provided is at the discretion of your healthcare team based on the most accurate and timely information they have available to them. While they will always do their best, it may not always be possible to provide all the information you need at every appointment.

**Listed below are commitments for you and your healthcare team.**

**1. Understanding and learning about multiple sclerosis**

As a patient, I commit to...	TICK if agree	As part of the healthcare team, I/we will commit to...
<ul style="list-style-type: none"> <li>• Telling my doctor, MS nurse or other member of my healthcare team about the type of information I would like</li> </ul>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Directing you to reliable information and resources</li> <li>• Listening to your concerns and answering any questions you have, and respecting that you may not be ready to talk about certain issues</li> <li>• Letting you know about patient support groups local to you</li> </ul>
<ul style="list-style-type: none"> <li>• Reading the information given to me and asking questions in relation to it</li> </ul>	<input type="checkbox"/>	
<ul style="list-style-type: none"> <li>• Asking about reliable resources and patient support organisations</li> </ul>	<input type="checkbox"/>	
<ul style="list-style-type: none"> <li>• Doing my own personal learning about any new treatments I may receive</li> </ul>	<input type="checkbox"/>	
<p><b>Notes and concerns</b></p>		

## 2. How to get the best from appointments

As a patient, I commit to...	TICK if agree	As part of the healthcare team, I/we will commit to...
<ul style="list-style-type: none"> <li>• Keeping scheduled appointments, if possible, and letting the hospital or doctor know in advance if I need to change/cancel my appointment</li> <li>• Planning my priorities and recording my concerns so that I am prepared for my appointment</li> <li>• Talking about my symptoms including invisible symptoms such as fatigue and depression</li> <li>• Talking about changes in my MS and general wellbeing</li> </ul>	<input type="checkbox"/>     <input type="checkbox"/>     <input type="checkbox"/>     <input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Offering you regular appointments to review your care</li> <li>• Talking through your concerns and referring you to appropriate healthcare team members</li> <li>• Asking about your quality of life and how this may have changed</li> </ul>
<p><b>Notes and concerns</b></p>		

## 3. MS treatment and management

As a patient, I commit to...	TICK if agree	As part of the healthcare team, I/we will commit to...
<ul style="list-style-type: none"> <li>• Considering my treatment options and taking my medication as advised</li> <li>• Attending recommended monitoring tests</li> <li>• Telling my healthcare team how I think the treatment is working and any problems I experience</li> <li>• Talking about missed doses or stopping my treatment</li> <li>• Telling my healthcare team about other medications I take, including: <i>herbal remedies, physiotherapy, diet supplements, acupuncture and homeopathy</i></li> <li>• Talking to my doctor, MS nurse or other member of my healthcare team about starting a family</li> </ul>	<input type="checkbox"/>     <input type="checkbox"/>     <input type="checkbox"/>     <input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Ensuring you understand the best treatment options for you and helping you to make treatment decisions</li> <li>• Explaining the purpose of tests and ensuring you understand the results</li> <li>• Talking about how you feel your current treatment is going</li> <li>• Respecting your treatment choices and suggesting alternatives if you do not feel your current treatment is right for you</li> <li>• Talking about alternative therapies</li> <li>• Discussing issues around treatment and starting a family</li> </ul>
<p><b>Notes and concerns</b></p>		

#### 4. How to get the best out of life

As a patient, I commit to...	TICK if agree	As part of the healthcare team, I/we will commit to...
<ul style="list-style-type: none"> <li>Talking about my quality of life including how MS affects my everyday life and employment</li> </ul>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Discussing what lifestyle changes could improve your overall wellbeing</li> </ul>
<ul style="list-style-type: none"> <li>Asking about things I should adjust in my lifestyle and making the changes suggested</li> </ul>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Helping you understand what things are likely to make your MS worse and how to avoid these</li> </ul>
<ul style="list-style-type: none"> <li>Sharing my concerns about MS with my family, friends and carers</li> </ul>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Sharing how family, friends and carers can be supported</li> </ul>
<ul style="list-style-type: none"> <li>Talking about recent achievements in the management of my symptoms</li> </ul>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Asking whether you would feel you need additional support from a psychologist, social worker or other consultant</li> </ul>
<p>Notes and concerns</p>		

Use this section to mention any things you would like your healthcare team to know about you, for example, personal goals you have or how you cope at work. Sharing information here will help to build a better understanding between you and your healthcare team.

MS in the 21<sup>st</sup> Century is a Merck initiative involving healthcare professionals and patient advocates.

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