

A priority planner to identify and share top priorities for consultations



# my/MS ↑ priorities

This planner 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:**

**Date of next appointment:**

.....

## About your planner

This planner has been designed to help you prepare for appointments with your doctor, MS nurse or other member of your healthcare team. It gives you the chance to raise your highest priorities in the management of your MS; this could be anything from treatment issues, to how MS is affecting your lifestyle.

**Keep this page for your records and bring it with you to your appointment to help guide the conversation.**

Remember, this is **your** planner, so feel free to include anything that is important to you.

**Use the table below to summarise your highest priorities.**

Priority	The main things I would like to discuss at my next appointment are:
1	
2	
3	

**Use this section to keep track of recent tests and any results you would like to talk about.**

Test	Results, notes and questions

Name:

Neurologist/MS nurse:

Date of diagnosis:

Date of next appointment:

## Sending your priorities in advance allows your healthcare team to prepare for your visit and improve the use of appointment time.

Please copy your priorities into the table below and send to your clinic \_\_\_\_ weeks before your appointment. The information you provide will be recorded on your medical file.

Priority

The main things I would like to discuss at my next appointment are:

1

2

3

If possible, your healthcare team will add their priorities in advance as well. This page will then be returned to you at your appointment.

Priority

Details

1

2

3

## Each healthcare team has its own way of working.

Please speak to your clinic to find out when, how, and to who you should send this page.



Place this page in an envelope and post to:

.....

.....

.....

.....

OR



You can email your planner to:

.....@.....

## It's useful to record any changes you feel as time passes.

Use this section to write any comments on how your symptoms may have changed, thinking about what might be most important to discuss at your next appointment. It is important to be honest with your healthcare team about the symptoms you are experiencing.

	Notes
Moving and walking	
Stiffness and spasms	
Balance and dizziness	
Pain and sensation	
Vision	
Speech	
Hearing	
Bladder and bowel	
Headaches	
Fatigue and sleep	
Moods and emotions	
Concentration and memory	
Relationships and sexual health	
Infections	
Other concerns e.g. <i>distance travelled to clinic or work life</i>	

**Record which medication(s) you are taking for MS, how well you feel they are working, and any problems you have experienced with your treatment plan.**

It is important to speak to your healthcare team before you consider stopping any treatment.

Prescribed treatments for MS	Notes

Use the note section to describe how you take your MS medicine e.g. injection, oral medication and add how often you take your medicines e.g once a day, once a week. Treatment decisions and safety reporting are the responsibility of the prescribing physician.

**It is important for your doctor, MS nurse or other member of your healthcare team to know about your general health and whether you are being treated with other medication or therapies (including alternative treatments or physical therapy).**

Use this table to record other treatments you have started since your last appointment, and note any effects you have noticed on your health and MS symptoms. Include details about how you take these medicines and how often.

Other prescribed medicines	Notes

Non-prescription therapies	Notes

Use this section to record anything relating to your lifestyle including any changes you have made recently, and any effects you have felt on your health.

Activity	Notes
Diet	
Exercise	
Rest	
Work	
Major life events and relationship changes	
Other	

If you wish, your partner, family, friends or carers can use this section to make a note of anything they've noticed about your health, or questions they might have.

**Notes**

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