

6

# Multiple Sclerosis

Patient name: \_\_\_\_\_

Admission: \_\_\_\_\_

NRS  
DATE INITIAL

--	--

- I. **The client/caregiver can define multiple sclerosis.**
  - A. It is a progressive degenerative disease caused by the destruction of the myelin sheath of the nerve tissue, which interrupts nerve impulses.
  - B. It is characterized by remissions and exacerbations.
  - C. It usually affects adults between the ages of 20 and 40 years.
  
- II. **The client/caregiver can list factors that increase risk of multiple sclerosis.**
  - A. Cool, temperate climates
  - B. Allergic reactions to infections
  - C. Familial tendency
  - D. Viral infection
  
- III. **The client/caregiver can recognize signs and symptoms.**
  - A. Slow, monotonous slurred speech
  - B. Visual disturbances
  - C. Weakness of lower extremities
  - D. Dizziness
  - E. Numbness or tingling in extremities
  - F. Bladder or bowel dysfunction
  - G. Impaired sense of touch and pain
  - H. Spasticity of muscles
  - I. Mood swings
  - J. Fatigue
  - K. Difficulty swallowing or chewing
  - L. Poor coordination, staggering gait
  - M. Spasticity of extremities
  
- IV. **The client/caregiver can list measures for management of multiple sclerosis.**
  - A. Avoid factors that can cause exacerbation:
    1. Infections
    2. Excess heat: hot tubs or sauna
    3. Excess cold
    4. Physical and emotional stress
    5. Pregnancy
    6. Trauma
  - B. Exercise regularly with frequent rest periods.
  - C. Plan regular rest periods to avoid fatigue.
  - D. Take medications as prescribed.

NRS  
DATE INITIAL

--	--

- E. Avoid over-the-counter medications unless recommended by physician.
- F. Consider air conditioning for home.
- G. Eat a well-balanced, high-fiber diet with fluid intake of at least six to eight glasses per day to promote bowel function.
- H. Use safety measures to prevent injury (safety measures teaching guide).
- I. Use assistive and self-help devices as needed to promote maximum independence.
- J. Keep follow-up appointments with physician and therapists.
- K. Continue hobbies and social interests as tolerated.
- L. Be aware of signs of depression and how to seek help.
- M. Use stress-management techniques.
- N. Report any early signs and symptoms of urinary tract or respiratory infections.
- O. Practice bladder and bowel retraining.
- P. Wear Medic Alert bracelet.
  
- V. **The client/caregiver is aware of possible complications.**
  - A. Renal insufficiency
  - B. Respiratory infections
  - C. Suicidal tendencies from depression
  - D. Falls
  - E. Constipation
  - F. Incontinence
  - G. Urinary tract infections

**RESOURCES**  
 National Multiple Sclerosis Society  
[www.NationalMSSociety.org](http://www.NationalMSSociety.org)

Counseling, including sexual counseling

**REFERENCES**  
 Ackley, B. J., & Ladwig, G. B. (2006). *Nursing diagnosis handbook: A guide to planning care*. St. Louis: Mosby Inc.  
 Canobbio, M. M. (2006). *Mosby's handbook of patient teaching*. St. Louis: Mosby Inc.  
 Cohen, B. J., & Taylor, J. J. (2005). *Memmler's the human body in health and disease* (10th ed.). Philadelphia: Lippincott Williams & Wilkins.  
 Timby, B. K., & Smith, N. C. (2003). *Introductory medical-surgical nursing* (8th ed.). Philadelphia: J. B. Lippincott Williams & Wilkins.