

## Multiple Sclerosis Nurse Service

### What is Multiple Sclerosis (MS)?

MS is a condition that affects the Central Nervous System (CNS). This includes the brain and the spinal cord. Some nerves in the CNS have a coating on them called myelin. In MS, this coating becomes damaged. This can result in messages not travelling through the nerve correctly. There are many different nerves in the body that can be affected. The problems experienced can differ from one person to another.

### Each person with MS is different

The CNS is complex and, because of this, the problems that you may experience can be different to those that another person with MS may experience. How MS will affect you in the future is also difficult to predict and may differ from one person to another.

At present there is no cure for MS but there is a lot of research being carried out. However, many of the symptoms of MS can be treated to lessen the impact on your daily life.

### What is the role of the MS specialist nurse?

- To provide information, advice and support to people affected by MS, encouraging individuals with MS to participate in decisions concerning their care.
- To be a point of contact when symptoms change and offer support, advice and guidance with treatments.
- To expand and develop services by working with people affected by MS and those who care for them.
- To communicate with others at home or in hospital who may be helpful to you.
- To work closely with GP, hospital consultant and others for your benefit.

### How do I get to see the MS specialist nurse?

Anyone involved with your care can refer you to this service. Your consultant usually refers you to the service at diagnosis or if you transfer to the area it may be your GP. You can also call to introduce yourself to the team

### When and where would I see the MS specialist nurse?

The specialist nurse generally sees patients in Nurse led clinics or Neurology clinics. Home visits can be made under special circumstances when identified as appropriate.

#### Please contact the team via the contact details below:

Email: [esh-tr.MSNurseServiceEastbourne@nhs.net](mailto:esh-tr.MSNurseServiceEastbourne@nhs.net)

Telephone: 0300 131 5233 (messages collected twice daily we aim to respond within 48 hours)

#### MS Specialist Nurses:

Clinical Lead Nurse MS Trish Easton

#### Conquest site:

CNS Holly Boyce

#### Eastbourne site:

CNS Michelle Black

CNS Nadine Jamieson

**MS Co-ordinator:** Sue Wilson

## Sources of information

### MS Trust

Tel: 01462 476700  
www.mstrust.org.uk

### Multiple Sclerosis Society

National freephone helpline: 0808 800 8000  
www.mssociety.org.uk

### Shift.ms

Online community for people with multiple sclerosis  
www.shift.ms

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

**If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.**

**Tel: 0300 131 4434 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

The following clinicians have been consulted and agreed this patient information:

MS Nursing Team ESHT

Dr Monika Lipnicka-Khan

The Clinical Specialty/Unit that have agreed this patient information leaflet: Neurology

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Responsible clinician/author: Trish Easton, Clinical Lead Nurse MS

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