



Welcome to the UBC MS Clinic



(Djavad Mowafaghian Centre for Brain Health [CBH], 2020)

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About the UBC MS Clinic

The UBC MS clinic is located on the traditional, ancestral, and unceded territory of the xʷməθkʷəy̓əm (Musqueam) people.

The clinic was established in 1980 to provide comprehensive care to people living with MS.

A referral to the MS clinic does not mean you have MS. It means further assessment by a neurologist was recommended to determine what is going on with your health.

The UBC MS clinic is a research facility and you are invited to participate in the research program here. Participation is optional and does not influence your care at the clinic.



(Djavad Mowafaghian Centre for Brain Health [CBH], 2020)

Hours of Operation

Monday to Friday, 8:30am-4:30pm, excluding holidays.

Location

The clinic is located on the Main Floor of Djavad Mowafaghian Centre for Brain Health at UBC Hospital.

Contact

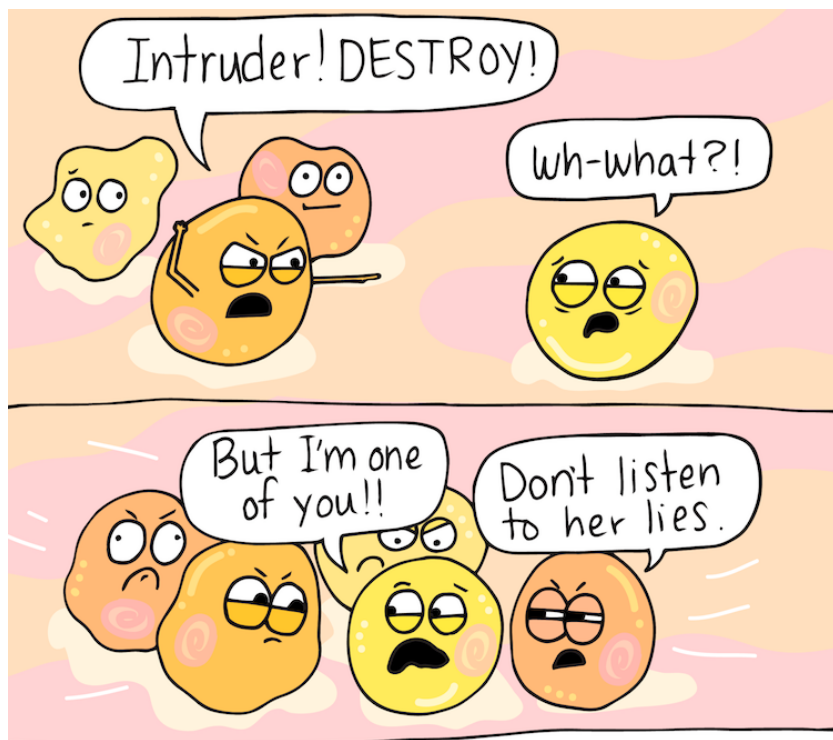
You may contact the MS Clerical team at 604-822-7131 and Press 2 to speak with a receptionist.

[To contact the Nursing team, please click here.](#)

About MS

What is MS?

Multiple Sclerosis (MS) is a health condition that affects the brain and spinal cord. Normally, your body's immune system fights off sickness and protects you. In MS, your immune system causes damage to your brain and spinal cord.



Autoimmune disorders in a nutshell.

•Beatrice the Biologist•

(Beatrice the Biologist, 2014)

About Your Team

Neurologist	A neurologist is a doctor who specializes in diagnosing, treating, and managing disorders related to the brain and spinal cord.
Neuro-Ophthalmologist	A neuro-ophthalmologist is a doctor who specializes in assessing and treating visual problems that may be related to MS.
Nursing	<p>The nurse completes assessments and provides education and support for patients with MS and their families.</p> <div data-bbox="537 533 1243 793" style="border: 1px solid black; padding: 10px; margin: 10px 0;"> <p style="text-align: center;">When to contact Nursing:</p> <ul style="list-style-type: none"> ✓ <i>My old symptoms are returning and they last for more than 24 hours.</i> ✓ <i>I am experiencing new symptoms that last for more than 24 hours.</i> ✓ <i>I have concerns and questions related to MS.</i> </div> <div data-bbox="529 852 1243 1283" style="border: 1px solid black; padding: 10px; margin: 10px 0;"> <p style="text-align: center;">Examples when Nursing is not a suitable first point of contact:</p> <ul style="list-style-type: none"> ⊘ <i>I have a medical emergency (e.g., I can't breathe right now). Call 911 or go to the emergency room.</i> ⊘ <i>I need help with my high blood pressure. Contact your family physician or nurse practitioner.</i> ⊘ <i>Do you know when I can get the COVID-19 vaccine? Please refer to Public Health and/or announcements from the Government of BC.</i> </div> <p>CONTACT: Phone 604-822-0753 This is an automated voicemail system for the Nursing team and is only checked during clinic hours. Voice messages are prioritized and your call will be returned as soon as possible.</p> <p>Email msclinicrn@vch.ca This email is only checked during clinic hours and your email will be returned as soon as possible.</p> <p>IMPORTANT To serve you better, we ask that you include your legal name and date of birth in all voice messages and emails.</p> <p>If you have a preferred name and/or pronouns, you are welcome to let us know in your voice message, email, and/or at any time during your encounter with the MS Clinic.</p>

Occupational Therapy	<p>An occupational therapist provides assistance to help a person develop, improve, and maintain skills that are needed for daily living.</p> <div data-bbox="537 279 1360 541" style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">Examples of concerns that an occupational therapist can help you with:</p> <p><i>My eye sight and brain fog are making it difficult to get any work done.</i></p> <p><i>It is difficult for me to get dressed, prepare meals, or do things around the home.</i></p> </div> <p>CONTACT: Please phone the MS Clinic at 604-822-7131 and Press 5.</p>
Physiotherapy	<p>A physiotherapist provides assistance to help a person with their movement and functioning.</p> <div data-bbox="537 716 1360 919" style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">Examples of concerns that a physiotherapist can help you with:</p> <p><i>It is difficult for me to balance because of weakness in my legs.</i></p> <p><i>My pain is making it hard to get up and move.</i></p> </div> <p>CONTACT: Please phone the MS Clinic at 604-822-7131 and Press 7.</p>
Social Worker	<p>A social worker provides assistance with social needs, such as supporting persons and their families coping with an MS diagnosis.</p> <div data-bbox="537 1125 1360 1388" style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">Examples of concerns that a social worker can help you with:</p> <p><i>It is difficult for me to find employment because of my symptoms.</i></p> <p><i>I feel more depressed and anxious, and this is affecting my relationships.</i></p> </div> <p>CONTACT: Please phone the MS Clinic at 604-822-7131 and Press 6.</p>
Additional services	<p>The MS clinic also provides services related to mood disorders, sexual counseling, family and psychosocial counseling, and management of bladder symptoms.</p> <p>CONTACT: Please phone the MS Clinic at 604-822-7131 and Press 2.</p>

Some common symptoms that may or may not be MS-related

	Example	Some tips for management
Balance and dizziness	<i>Unable to balance</i>	<ul style="list-style-type: none"> ✓ Use walking aids ✓ Keep your home clutter-free ✓ Use non-skid mats around your home ✓ Sit, stand, and move around slowly
Cognitive	<i>Forgetful</i> <i>Disorganized</i> <i>Want to say a word but unable to think of it</i>	<ul style="list-style-type: none"> ✓ Keep a calendar of your appointments ✓ Use checklists ✓ Consider removing distractions from your surrounding ✓ Do one task at a time
Fatigue	<i>"Tired all the time"</i> <i>Unable to get work done</i>	<ul style="list-style-type: none"> ✓ Plan your day to spread your energy throughout the day ✓ Set time aside for rest ✓ Get physically active ✓ Eat nutritious foods and drink water regularly
Headache	<i>Mild to moderate pain in the head</i> <i>With or without a stiff neck</i>	<ul style="list-style-type: none"> ✓ Dim the lights ✓ Go to a quiet environment ✓ Ensure you are hydrated
Sleep	<i>Sleepy during most of day</i> <i>Difficulty with falling asleep</i>	<ul style="list-style-type: none"> ✓ Promote rest by controlling your bedroom environment, such as light or noise levels ✓ Reduce caffeine intake ✓ Get physically active

For more information,
please visit <https://mssociety.ca/about-ms/symptoms>

General Wellness

There are lifestyle choices that you can make to improve your general wellbeing, even if you have not been diagnosed with MS.

Diet

- ✓ Plenty of fruits, vegetables, and grains
- ✓ Low in saturated fats
- ✓ High in monounsaturated fats

Vitamin D

- ✓ Vitamin D promotes bone health and also benefits your immune system
- ✓ You can obtain Vitamin D from sun exposure, food sources, or supplementation
- ✓ Examples of fortified foods may include: cow's milk, margarine, or soy beverages

Exercise

- ✓ You can benefit from exercise whether you have MS or not
- ✓ Exercise can improve your mood, bladder and bowel function, and balance and strength
- ✓ Exercise can also help with reducing fatigue

Stress Management

- ✓ Find your sources of stress and ways to best manage it
- ✓ Consider strategies that work best for you
- ✓ Strategies may include: Deep breathing, relaxation, extra rest, or simplifying your day-to-day plans

For more information, please visit <https://mssociety.ca/managing-ms/living-with-ms/wellness-and-lifestyle>

Tracking Your Symptoms

We understand that sometimes it may be difficult to manage your symptoms. By keeping a record of what affects how you feel, your health care team can better support you.

Example of how you may track your symptoms:

MS SYMPTOM TRACKER for _____								
This form is suggested as a tool to help you or your caregiver keep track of your MS symptoms. This form, or something like it, can be helpful in updating your doctor on your progress at any time, although it can be especially useful when preparing a claim for disability benefits. Either you or your caregiver can complete this form. Begin by filling in the date, then rate the severity of the symptom you are experiencing from 1 to 5, where 1 is mild and 5 is severe. See the bottom for examples.								
	SUN	MON	TUE	WED	THU	FRI	SAT	Add comments about your day including anything unusual.
Area								
Mobility (difficulty walking or running)								
Hand Function (such as grabbing, holding, writing, eating or grooming)								
Vision (such as blurred or double vision, light sensitivity)								
Fatigue (lack of energy)								
Problems thinking (difficulty remembering, staying focused, problem-solving, recalling words)								
Bladder (such as frequency, urgency or hesitancy)								
Bowel (such as constipation or incontinence)								
Sensory Symptoms (such as numbness, tingling, or sensations like burning, bands or electric shocks)								

(National MS Society, 2020)

For more information, please visit <https://www.nationalmssociety.org/Programs-and-Services/Resources/Symptom-Tracker?page=1&orderby=3&order=asc>

Regardless of how you track your symptom, consider including:

- ✓ What is the symptom?
- ✓ Date and time of the symptom
- ✓ Is this symptom new?
- ✓ How long did this symptom last?
- ✓ How severe would you say this symptom was?
- ✓ How did this symptom affect your day-to-day activities?

References

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<http://www.beatricebiologist.com/2014/05/autoimmune/>
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- National Multiple Sclerosis Society. (2020). *Symptom tracker*.
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