

Useful contact numbers:

MS Trust

Tel: 0808 032 3839

Email: help@mstrust.org.uk

Website: mstrust.org.uk

MS Society

Freephone: 0808 800 8000

Email: helpline@mssociety.org.uk

Hampshire Adult Services

Provide help and support in accessing adult social care, arrange care and carer assessments and financial assessments.

Tel: 0300 555 1386

Email: info@hants.gov.uk

Princess Royal Trust for Carers

Tel: 01264 835246

Email: info@carercentre.com

Carers UK

Tel: 0207 378 4999

Email: info@carersuk.org

Samaritans

Freephone: 116 123

Email: jo@samaritans.org

Gosport and Fareham MS Group Support

Tel: 07812 997178

Email: gosportfarehamsupport@mssociety.org.uk

Southern Health NHS Foundation Trust

**Multiple Sclerosis Nurse Specialist Service
for South East Hampshire, Fareham &
Gosport**

Amy Harbour, MS Nurse Specialist

Samantha Browne, MS Nurse

Samantha Plews, MS Nurse

Lisa Davidson, MS Nurse

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2 Oaklands, Aerodrome Road
Gosport, PO13 0GY**

Tel. 02392 681067

msteam@southernhealth.nhs.uk

What will the MS Nurse Specialist provide?

A specialist service providing specialist case management and educational support for patients with Multiple Sclerosis (MS).

We coordinate care with partner agencies and key stakeholders with the aim of promoting well-being, education for people with MS and healthcare professionals in order to prevent hospital admission by maintaining safe and effective care in the community setting.

Please note the MS Nurse Specialist service is not an emergency service. We operate a triage system and your message may not be looked at until the following day.

We are open Monday to Friday 8am to 4pm excluding Bank Holidays

How can a person with Multiple Sclerosis access the service?

By asking their Consultant GP or healthcare professional involved in their care to refer them to the service. Alternatively they can self-refer.

What service do we offer?

Assessment of the needs of people with multiple sclerosis, their family and carers.

Symptom and medication management

Referral to other healthcare professionals

Support and advice for people with multiple sclerosis in a variety of settings including clinics, video conference clinics, telephone and home visits.

Disease modifying therapies management, including monitoring of bloods.

The disease modifying therapies are prescribed from either Southampton, Surrey or St George's hospital, depending on area.

Who is the service for?

For individuals of all ages with a diagnosis of multiple sclerosis who are registered with a General Practitioner located in South East Hampshire or Fareham and Gosport (excluding Portsmouth City).

What do clinics cover?

Support with treatment options, switching treatments and counselling around stopping treatment.

Relapse management / review – including advice and support around steroid treatment for both patient and GP with the aim to prevent hospital admission.

Support in monitoring and managing MS symptoms that includes advice with neuropathic pain management, fatigue, continence, mobility, altered sensation, cognitive changes, mood and anxiety. Onward referrals to occupational therapists, physios, SLT, neuropsychology, continence services, dieticians and signposting to appropriate and reliable sources of information and support groups.

Newly diagnosed assessment, advice and support.

Advice around vaccines.

Advice and support with family planning in connection to MS and MS treatments.

Annual reviews for progressive patients.

Direct Clinic Care tasks

DMT blood / urine / BP monitoring, requesting bloods, phlebotomy (very occasionally), reviewing results and liaising with consultant / UHS as indicated.

Fatigue management groups held in conjunction with occupational therapists and physios

Joint MS nurse / continence nurse clinic

Supporting letters / reports for DWP regarding PIP, Housing and to Employers

Advice and support through Covid – regarding treatments, shielding, vaccinations – including advice to employers

MS specific advice to GP's and other HCP's