

SELF-CARE FOR MS



Multiple Sclerosis A Selfcare Guide To Wellness

June Halper, Colleen Harris



Multiple Sclerosis A Selfcare Guide To Wellness:

Multiple Sclerosis Dr. Nancy Holland, RN, EdD, June Halper, MSN, ANP, FAAN, 2005-06-01 Education about multiple sclerosis has traditionally been medically oriented and related to disease and dysfunction In contrast this brand new second edition of the Guide continues to focus on staying well in the presence of MS a disease that while incurable can be managed The book covers a broad spectrum of topics related to MS and its effects focusing especially on the needs of those who have been living with the disease for some time Practical tips on self care are designed to promote maximum independence well being and productivity The theme of the book wellness can be described by the acronym Weighing options Eating well Living to your fullest Learning new skills Needing others Evaluating situations realistically Surviving stress and Staying responsible Contributors to the book are professionals who have a specialty or a special interest in MS Their suggestions advice and strategies come from years of experience in the field It is their hope that readers will come away with fresh ideas on how to cope with the ever changing challenges of MS

Multiple Sclerosis Nancy J. Holland, June Halper, Paralyzed Veterans of America, 1998-05-01

Multiple Sclerosis For Dummies Rosalind Kalb, Nancy Holland, Barbara Giesser, 2011-02-25 Being diagnosed with multiple sclerosis MS doesn't have to mean your life is over Everyone's MS is different and no one can predict exactly what yours will be like The fact is lots of people live their lives with MS without making a full time job of it MS for Dummies gives you easy to access easy to understand information about what happens with MS what kinds of symptoms it can cause how it can affect your life at home and at work what you can do to feel and function up to snuff and how you can protect yourself and your family against the long term unpredictability of the disease You'll learn Why some people get MS and others don't How to make treatment and lifestyle choices that work for you What qualities to look for in a neurologist and in the rest of your healthcare team How to manage fatigue walking problems and visual changes Why the road to diagnosis can be full of twists and turns How to understand the pros and cons of alternative medicine Why and how to talk to your kids about MS How to find stress management strategies that work for you Your rights under the Americans with Disabilities Act Complete with listings of valuable resources such as other books Web sites and community agencies and organizations that you can tap for information or assistance MS for Dummies will tell you everything you need to know in order to make educated choices and comfortable decisions about life with MS

Multiple Sclerosis June Halper, Nancy Holland, 2005-06-01 Education about multiple sclerosis has traditionally been medically oriented and related to disease and dysfunction In contrast this brand new second edition of the Guide continues to focus on staying well in the presence of MS a disease that while incurable can be managed The book covers a broad spectrum of topics related to MS and its effects focusing especially on the needs of those who have been living with the disease for some time Practical tips on self care are designed to promote maximum independence well being and productivity The theme of the book wellness can be described by the acronym Weighing options Eating well Living to your fullest Learning new skills Needing others Evaluating situations

realistically Surviving stress and Staying responsible Contributors to the book are professionals who have a specialty or a special interest in MS Their suggestions advice and strategies come from years of experience in the field It is their hope that readers will come away with fresh ideas on how to cope with the ever changing challenges of MS **Nursing Practice in Multiple Sclerosis** June Halper,Kathleen Costello,Colleen Harris,2006 Nursing Practice in Multiple Sclerosis A Core Curriculum 2nd Edition was written for nurses preparing to take the MS certification exam given under the auspices of the International Organization of Multiple Sclerosis Nurses IOMSN and for everyone involved or becoming involved in the field of MS treatment and care Developed as a companion to Comprehensive Nursing Care in Multiple Sclerosis 2nd Edition and Advanced Concepts in Multiple Sclerosis Nursing Care this guide will help readers learn about the history of MS its diagnosis management and current theories regarding the immunologic basis for the disease Multiple Sclerosis Rosalind Kalb,2008 The thoroughly revised and updated fourth edition of the classic Multiple Sclerosis The Questions You Have The Answers You Need continues to be the definitive guide for everyone concerned with this diseaseOCothose who have MS those who share their lives with someone who has it and all healthcare professionals involved with its management It covers a wide range of topics in an accessible question and answer format that allows people to easily find the information they need Multiple Sclerosis Nancy J. Holland,2009-11 Since 1998 when Paralyzed Veterans of America PVA first published Multiple Sclerosis A Guide to Wellness great strides have been made in research findings and treatment options For this reason PVA is proud to present this newly updated edition of the MS Wellness Guide as it has come to be called Edited by Nancy J Holland RN EdD

Managing the Symptoms of MS Randall T. Schapiro, MD, FAAN,Randall T. Schapiro,2014-07-16 The fully updated and revised sixth edition of the definitive guide to clinically tested and proven methods for effectively managing all of the symptoms characteristic of MS and MS treatment Based on the most up to date disease management strategies medical and research breakthroughs and latest drug therapies Dr Randall T Schapiro provides the information you need to manage both the disease and symptoms and make everyday life easier New chapters offer essential advice for those newly diagnosed with the disease and those who experience more symptoms with age Managing the Symptoms of Multiple Sclerosis features comprehensive treatment options for Fatigue Spasticity Tremor Incontinence Speech and swallowing difficulties Pain Numbness Cognitive difficulties *Advanced Concepts in Multiple Sclerosis Nursing Care* June Halper,2007-11-16 The nurse plays a vital role as an educator care provider and advocate for patients and families affected by multiple sclerosis MS The companion book to an earlier work Comprehensive Nursing Care in Multiple Sclerosis Advanced Concepts in Multiple Sclerosis Nursing Care 2nd Edition examines complex issues in MS management and reflects a new philosophy of MS care one of empowerment The focus is on the numerous settings in which MS nurses practice as well as their many roles and responsibilities in managing this highly variable disease It will provide the reader with an updated view of MS along with a greater understanding of its lifelong impact Special features of the second edition include A new chapter on sustaining hope

in MS patients A new chapter on treatment of acute exacerbations A new chapter on emerging intravenous therapies Expanded sections on pain depression and skin care with frequent injections The book is divided into sections dealing with the disease itself advanced practice requirements for nurses and advanced symptom management Contributors to Advanced Concepts in Multiple Sclerosis Nursing Care 2nd Edition are nurse clinicians and researchers who work in geographically diverse practice settings throughout North America and Europe The book will provide nurses with tools and strategies to improve the lives affected by multiple sclerosis and to reinforce the role of the nurse in managing it

Comprehensive Nursing Care in Multiple Sclerosis June Halper, Nancy Holland, 2010-08-30 This is an excellent resource for those caring for patients with MS In addition to nurses I could easily recommend this book to other physicians and perhaps even to patients Score 91 4 stars Doody's This book represents the most current information on the care of the MS patient This will be an unparalleled resource for all nurses caring for MS patients and families Amy Perrin Ross APN MSN CNRN MSCN Among the many responsibilities of the Multiple Sclerosis MS nurse perhaps the most important is to help patients devise learn and implement self care strategies to improve their wellness and quality of life Taking a fresh perspective on the complex role of the MS nurse this comprehensive clinical reference demonstrates how nurses can change the lives of patients with MS This newly revised edition is completely reorganized refocused and updated throughout to provide a stronger focus on instilling hope in patients and helping them regain their independence The special feature of this new edition is the incorporation of the Morgante Conceptual Framework of Hope a model of care that helps nurses integrate the concept of hope into clinical practice The book also illustrates how to deliver nursing care that is both culturally sensitive and life span appropriate Key features Uses detailed case studies to highlight the various roles of the MS nurse the care provider facilitator advocate educator counselor and innovator Incorporates the Morgante Conceptual Framework of Hope into every chapter Provides practical guidance on disease and symptom management alternative medicine sexuality and family planning and pediatric patients Discusses how to maximize the effectiveness of pharmacotherapeutics

Multiple Sclerosis Dr. Francie Bennett, MSW, Dr. David C. Clemmons, PhD, Dr. Robert T. Fraser, PhD, 2002-03-01 This book provides a practical perspective on cognitive concerns and their relationship to vocational and psychosocial adjustment issues for people with multiple sclerosis MS It also provides practical approaches to rehabilitation vocational and psychosocial interventions with illustrative case studies Of particular note is that all tables figures and case study material complement the text and can be used for PowerPoint slides or overheads in training programs for allied health personnel Of particular interest are discussions of the cognitive issues in MS which have not previously been well discussed in the literature clear discussions of assessment tools and placement models in vocational assessment and rehabilitation planning and an extensive reading list and self help resource lists that will be of assistance in understanding psychosocial adjustment in this population This guide is an outgrowth of vocational rehabilitation counselor training conducted by the authors and feedback from the counselor

attendees helped to refine the book It will be helpful to vocational rehabilitation counselors and to all members of the health care team concerned about the psychosocial status of their clients with MS The book is divided into four sections A broad based medical overview provides a basic discussion of the course of the MS disease process its diagnosis and symptomatology medical treatments and rehabilitation A discussion of neuropsychological concerns including concepts of importance in vocational rehabilitation and the specific cognitive and related impairments that are characteristic of MS and that cause vocational difficulties A review of vocational rehabilitation interventions focusing on assessment and rehabilitation planning A review of psychosocial issues and interventions that focus on a wide range of issues affecting the family and community The book is designed to be used as a basic training text for an individual counselor or health professional seeking to learn more about MS vocational rehabilitation or psychosocial adjustment and neuropsychology It can also be used as the core material for training groups Case studies are included as small group discussion training tools

Multiple Sclerosis in Clinical Practice Dr. Nancy J. Holland, RN, EdD, Dr. Stanley Van Den Noort, MD, 1999-10-01 Managing multiple sclerosis with all the associated problems of a progressive chronic disease requires special knowledge on the part of the clinician From which drugs to prescribe for an acute attack to the use of new drugs available to help control the disease process to managing the myriad of symptoms and neurologic complications associated with the disease the clinician must have a full armament of tools available to be effective This book provides the basic groundwork you need to treat these patients It is designed for all physicians who manage the disease outside a comprehensive MS care center emphasizing those therapies that can be used successfully by the non MS specialist and indicating when referral is appropriate Most importantly it gives you the tools to improve the quality of life for your patients allowing them to maximize their capabilities and take advantage of all available resources

Coping With Multiple Sclerosis Betty Burnett, Rob Gevertz, 2000-12-15 Discusses the disease symptoms diagnosis psychological aspects and treatment options and provides advice for living with multiple sclerosis

Nursing Practice in Multiple Sclerosis, Third Edition June Halper, Colleen Harris, 2011-11-22 Print CourseSmart

Multiple Sclerosis T. Jock Murray, Carol Saunders, Nancy J. Holland, 2012-08-21 Rev ed of Multiple sclerosis Nancy J Holland T Jock Murray Stephen C Reingold 2007 3rd ed

Multiple Sclerosis Rosalind C. Kalb, 2011-01-23 What goes wrong when a person has MS What drugs are used to treat MS When should I consider complementary and alternative medicine to treat my MS What can I do to keep myself as healthy as possible despite my MS How common is depression in MS The thoroughly revised and updated fourth edition of the classic Multiple Sclerosis The Questions You Have The Answers You Need continues to be the definitive guide for everyone concerned with this disease those who have MS those who share their lives with someone who has it and all healthcare professionals involved with its management It covers a wide range of topics in an accessible question and answer format that allows people to easily find the information they need Within each section MS experts including neurologists nurses rehabilitation and mental health professionals lawyers and insurance and

employment experts answer the questions they have been asked most frequently over the course of their careers Each chapter is designed to cover the full spectrum of the disease from the time of diagnosis through the complex challenges that can arise if the disease progresses 214 297 Rosalind C Kalb PhD Dr Rosalind Kalb a clinical psychologist is Director of the Professional Resource Center at the National Multiple Sclerosis Society in New York where she develops and provides educational and consultation services to clinicians who care for people with MS In her private clinical practice she specializes in the needs of individuals and families living with chronic illness and disability She serves on the editorial board of several publications including the International Journal of MS Care **Living with Progressive Multiple Sclerosis** June Halper, MSN, ANP, FAAN, 2007-10-19 According to the National Multiple Sclerosis Society 15% of MS patients are diagnosed with the progressive form of the disease and experience symptoms such as tremor poor coordination difficulty walking and other problems from the start While an additional 50% of those diagnosed with relapsing remitting MS will develop progressive MS within 10 years *Living with Multiple Sclerosis Overcoming the Challenges* 2nd Edition is written for people who have been diagnosed with the progressive form of multiple sclerosis It focuses on the newest advances in managing worsening symptoms and offers hope to MS patients facing the future This concise and practical overview educates patients about diagnosis disease modifying therapies managing difficult symptoms and coping strategies Other topics include Top Ten Questions about Progressive MS Can Progressive MS be Treated Vocational and Legal Issues A Glimpse into the Future This encouraging and informative book will be a welcome addition to any patient healthcare professional or institutional library

Multiple Sclerosis Nancy Holland, T. Jock Murray, Stephen C. Reingold, 2007-02-15 The diagnosis of multiple sclerosis MS poses potential concerns related to all aspects of life and plans for the future Family members and other loved ones are similarly concerned and everyone involved struggles to make sense of life with this permanent intruder One of the first responses is usually an active search for information about the disease itself and its potential long term effects Chapters discuss the nature of MS its management and guidelines for dealing with all aspects of the disease and its impact on your life A chapter on services available from the National Multiple Sclerosis Society a glossary a list of resources and additional reading suggestions make this the place to begin your education about MS With education and proper care most people diagnosed with multiple sclerosis will lead full and productive lives *Multiple Sclerosis A Guide for the Newly Diagnosed* Third Edition is an essential resource for everything you need to know about MS and includes new or updated sections on The most current medical treatments for the management of MS Complementary and alternative medicine and MS Financial and life planning Children with MS Updated diagnostic criteria **Multiple Sclerosis** Richard C. Senelick, 2003 Multiple Sclerosis is a disease a mystery writer would love it seemingly appears out of nowhere its signs can be so subtle they are not recognized and its symptoms can become more severe and more frequent in some people while others suffer only one or two mild episodes throughout their lives Today the mystery of MS is unraveling with new disease modifying medications more

sophisticated diagnostic tests and better easier more comfortable adaptations for an improved quality of life both at work and at home Multiple Sclerosis A New Journey takes you through the newest research and treatments to help you find a straight course for your disease Inside this one easy to understand cross referenced and compassionate volume you will find everything you and your loved ones need to know about diagnosis symptoms progression disease modifying therapy rehabilitation disability awareness and more You will find in short everything you need to lead a better and more independent life

When the Diagnosis Is Multiple Sclerosis Kym Orsetti Furney M.D.,2007-12-30 Kym Orsetti Furney was a 34 year old physician specializing in Internal Medicine busy with her exciting job and enjoying life with her husband and young daughter in 2000 when she suddenly began to experience dizziness repeatedly which rapidly led to a diagnosis of Multiple Sclerosis Her world was rocked for a time but Furney has recovered from the shock and empowered by information acceptance and support continues working as a doctor teaching and taking care of her family despite the challenges of MS For all people dealing with a personal or family diagnosis now she offers help hope and insights by explaining all the medical perspectives but also reflecting on her own personal experiences after diagnosis Never forgetting the fear and hopelessness she felt at the time she learned of her own MS she discusses the many challenges from depression and overcoming fear of injection medications to how and when to tell others about having MS and understanding the impact MS may have on one s career Readers will find a strong connection with this talented physician and the thoughts and emotions that she has had facing MS Furney s well researched and compassionate writing will not only empower people newly diagnosed with MS but will give family members insight into the physical and emotional challenges for their loved one challenges that she or he may not immediately be able to voice This work also offers invaluable insights for healthcare professionals psychologists psychiatrists physical and occupational therapists

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