



Coronavirus, MS, and You Tips for Telemedicine Episode 23

Megan Weigel, DNP, ARNP-C, MSCN: Hi everybody, my name is Megan Weigel. I am a nurse practitioner in Jacksonville Beach, Florida. We are getting a lot of questions these days about how to make the most of your virtual visit because telemedicine and multiple sclerosis has basically happened overnight. So here are some tips for you. I think the first one is to get all of your medications and supplements together so that you have them on the table in front of you, that way you can show them to your MS provider without having to look for a list, or you could even have them all written out on the list that you can just hold up in front of the camera. The second thing is to make sure that you are in comfortable clothing—and clothing may be a t-shirt and shorts or pants—so that your MS provider can see how your body moves when he or she asks you to move your arms and legs.

Megan: The third thing is to have a list of your most pressing issues to talk to your MS provider about so that these can get addressed. Keep in mind that telemedicine for most of us is a new thing. So we are all treading gently on these waters and we want everyone to have a good experience. So enter your visits with an open mind and with an agenda so that you can be sure to meet your goals as far as knowing when to access the hospital or the emergency room. If you have the sudden onset of any acute neurological symptoms, of course, you want to call EMS or 911 because that could be something very serious like a stroke. If you have worsening MS symptoms, you should call your neurologist before accessing the hospital. If you have signs and symptoms of COVID-19 similar to the flu or an upper respiratory infection, especially with a fever, cough, or respiratory distress, the best thing to do is to call your primary care doctor if you have a fever or mild upper respiratory symptoms so that you can be sure to know where to access COVID testing in your area. If you have respiratory distress, you need to call EMS or 911.

Megan: I hope that this is helpful to you during this time. It is a new era, a new world, for all of us. But I know that with education and with giving you the facts we can get through this together. Be well.

[End]