



WEBINAR WEDNESDAYS

Making Decisions Together

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APRIL PROGRAMS



JUMPSTART – April 9
Staying Positive During Difficult Times

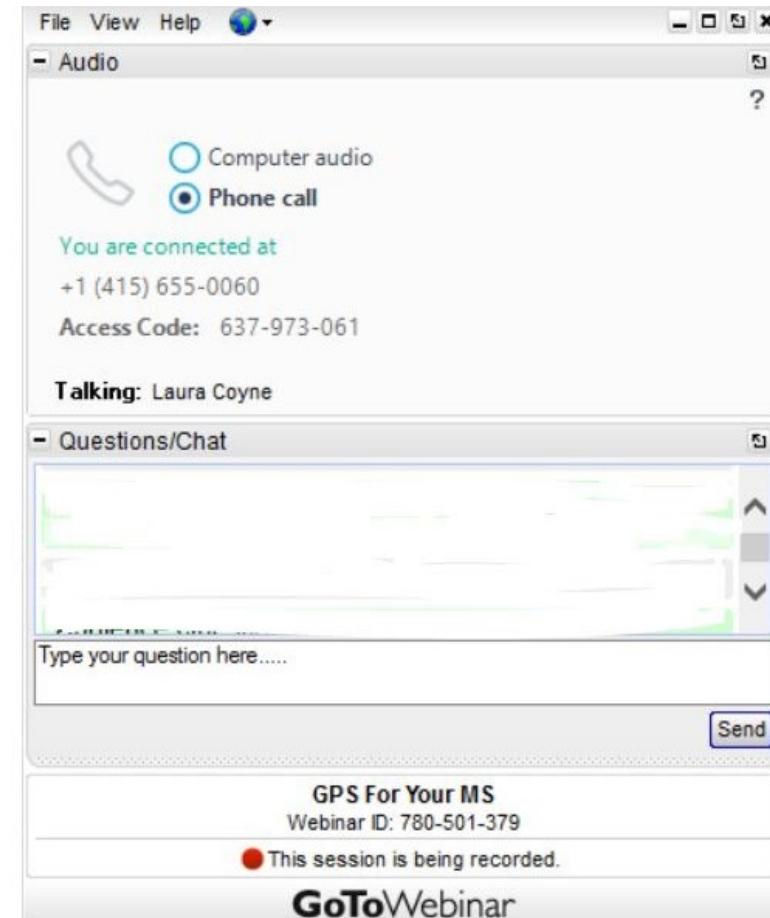
COACHING – April 14
Positive Ways to Problem Solve

JUMPSTART – April 22
Building a Future with MS

COACHING – April 27
Managing Your Fears

How to Ask Questions During the Webinar

Type in your
questions using the
Questions/Chat box



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Learning Objectives



Set a framework for addressing challenges with MS and other areas of life



Gain an understanding of shared decision making



General steps for problem solving and how you can apply these steps to MS

What is Shared Decision Making?

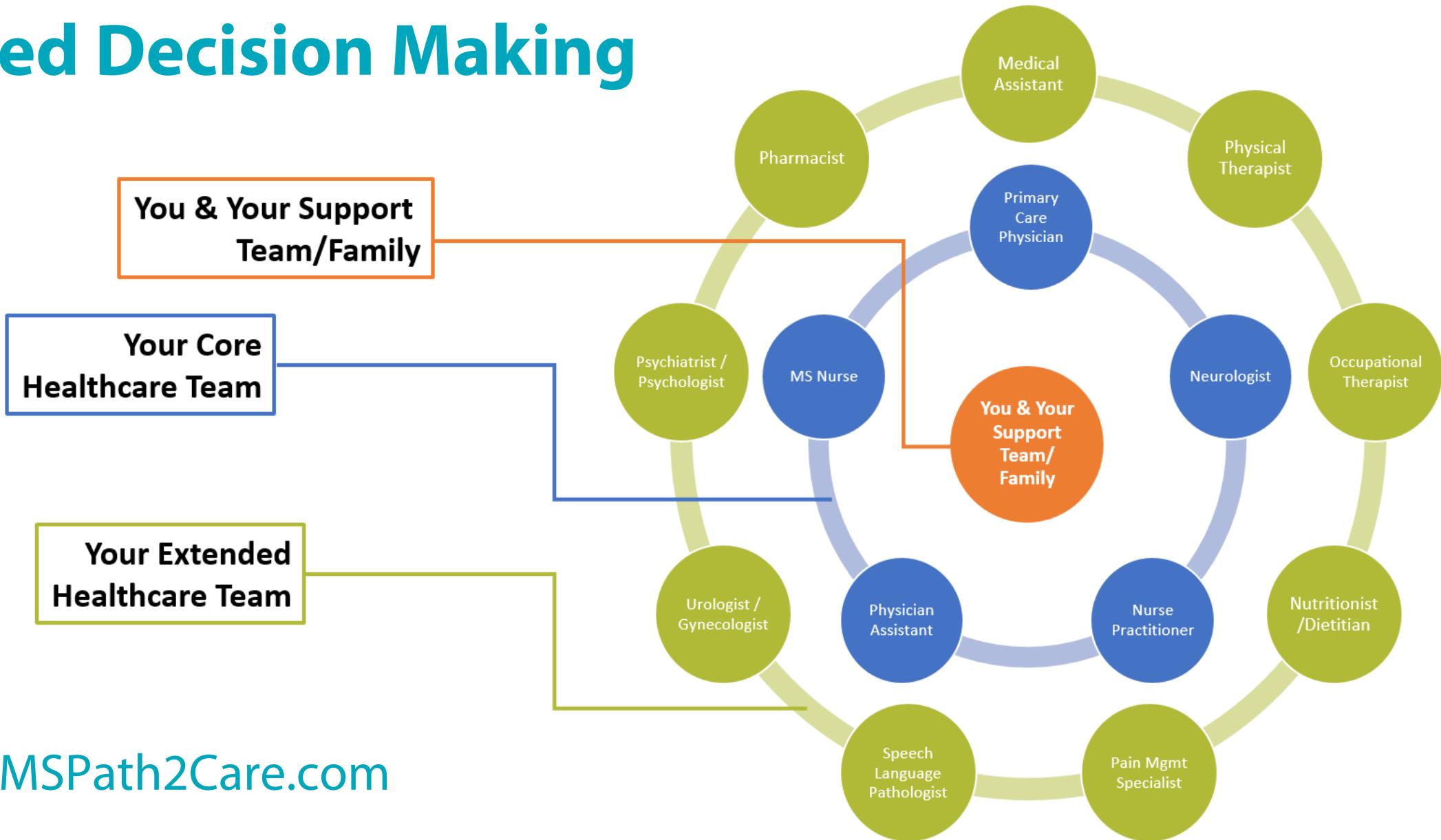
Shared decision-making is an approach where a team - with the person with MS and support partners at the center- share the best available evidence in order to achieve informed preferences.

Navigating MS Steering Committee

- The Navigating MS initiative is designed to improve outcomes for people with MS through global adoption strategies that optimize therapeutic decision-making.



Shared Decision Making



Components of Shared Decision Making

- Knowledge, knowledge, knowledge!
- You and your support partner are active participants in decision-making related to your healthcare and wellness
- Evidence-based practices
- Shared Decision Making takes into account your personal preferences and values

The Role of Shared Decision Making in All Areas of Wellness

MS Management

- Symptom management
- Disease Modifying Therapy
- Rehabilitation / Use of assistive devices

Social / Personal

- Family and family planning
- Work
- Disclosure
- Parenting

Financial planning

Areas of Wellness



Benefits of Shared Decision-Making in Different Dimensions of Wellness

Benefits of Shared Decision Making

- More informed decisions about your health, wellness and lifestyle
- Better understanding of your options – taking into account your shared preferences, values, and goals
- Strengthened partnerships with one another and the healthcare team
- Better outcomes across all areas of wellness

Disease Modifying Therapy (DMT) and Shared Decision Making

- Understanding the disease process and the DMTs
- Self education and provision of information
- Consideration of each person's individual disease course
- Consideration of the best treatment for each person based on careful review of the disease and past experiences
- Accountability and partnership in deciding about the best DMT and following the regimen
- Being aggressive versus conservative management and scaling risks versus benefits

Symptoms and Shared Decision Making

- Consideration of individualized care
- Prioritization of symptom management
 - MS related symptoms vs. not MS related
- Discussion of potential treatments and strategies for symptoms
- Management with non-pharmacological vs. pharmacological strategies
- Discussion of safety vs. vanity (i.e., cane, walker, driving or others)
- Managing symptoms to improve quality of life and promote function

Emotional and Social Wellness with Shared Decision Making

- Discussion of psychotherapy and medication management
- Consideration of conservative methods such as exercise
- Consideration of referrals to mental health professionals
- Group treatment and individual therapy sessions
- Finding balance with opinions and recommendations when making decisions
 - Expert opinions and recommendation
 - Personal opinions and views
 - Support Partner and family opinions

Team Approaches

- Support Partners – Identifying a support partner when diagnosed
- Making decisions together
 - Healthcare professionals
 - Families/friends/support partners
 - Other specialists
- Recognition of wellness challenges that require collaborative work between you, your support partner and the healthcare team strategies
 - Trial and error – finding what works for you!
- **Collaboration, communication, coordination**

Barriers to Shared Decision Making

- Time and Resource Challenges¹
- Emotional and Social Barriers
 - Fear, anxiety, and depression
 - Lack of support
 - Differences in expectations between the person w/ MS, support partner, & healthcare team¹
- Communication Barriers
 - Lack of knowledge
 - Cultural barriers
 - Language
- Cognitive Challenges
 - Lack of understanding about MS as a disease¹
 - Lack of attention to other areas of health and wellness

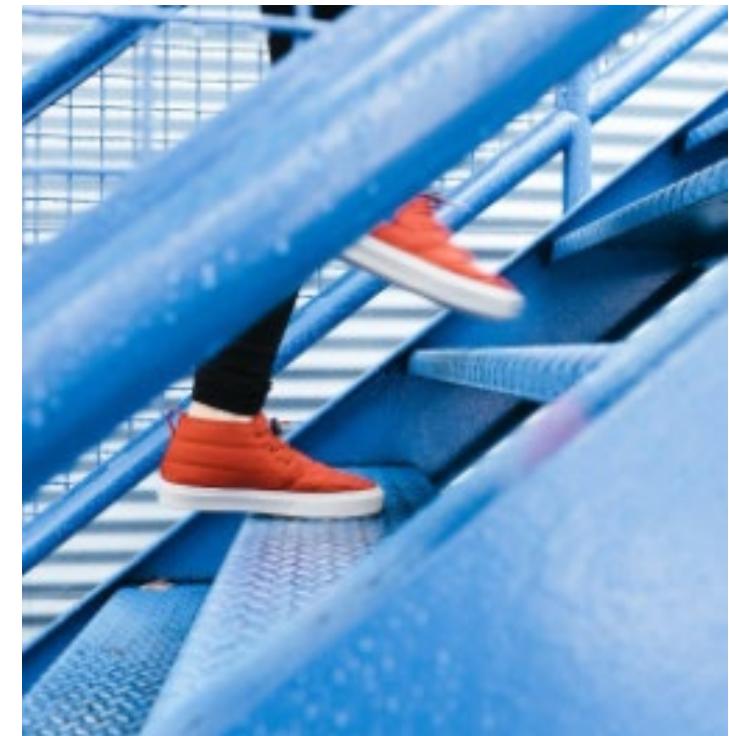


Strategies to Overcome Barriers

- Get support
 - Individual support
 - Support groups
- Speak with the right health care professional
- Utilize Communication strategies
 - Translation services
- Seek emotional support
- Monitor and follow up on your cognitive testing annually or more often if required

Steps for Problem Solving

1. Define the Problem
2. Generate & Evaluate Alternative Solutions
3. Implement & Evaluate Outcomes



Shared Decision Making in Real Life

Problem (example):

I have not disclosed my MS to my employer of 5 years since I have not needed accommodations. I am now experiencing significant fatigue that is starting to impact my work. I am conflicted about disclosing my diagnosis.

Let's now try finding a solution using our decision making steps!

Steps for Problem Solving

1. Define the problem

State the problem specifically:

“I am having trouble deciding if I should disclose my MS diagnosis to my employer to request accommodations. I have a friend who has fired from his job after he made a request to have a reduced schedule.”

Steps for Problem Solving

2. Generate and evaluate alternative solutions

- Brainstorm...wait to evaluate: **discuss with support partner ideas for how to go about making the decision - there are no wrong answers, talk it out**
- Specify short and long-term goals: **taking more frequent breaks at work; potentially reduced hours or flexible schedule**
- Evaluate possible solutions and resources available to you:
e.g., NMSS, human resources, attorney
- Examine pros/cons or risk vs. benefit:
discuss options with a support partner
- Ask for support as needed
- Decision can be based on knowledge/facts, values, goals, cost vs. benefit ratio

Steps for Problem Solving

3. Implement and evaluate outcomes

- How will you know if the alternative works? How will you monitor?
- Expect and accept the unexpected: **What alternatives do you have if you don't reach your desired outcome? What is your plan B?**
- Stay optimistic!!

Strategies for Effective Communication

Communicating with healthcare providers

- Writing down your questions ahead of time
- Sending questions before your appointment
- Ask them to slow down if needed
- Ask for written information if needed
- Bring support

Every Good Conversation Starts With Listening

Try These Tips for Listening

Do's

- Listen actively and confirm what you've heard
- Pay attention to your body language (eye-rolling, smirking, finger-jabbing, doing something else at the same time, e.g. answering your cell phone)

Dont's

- Interrupt
- Jump to conclusions – if you're not sure what someone is feeling/thinking, ask

Try These Tips for Talking

Do's

- Make time for talking
- Acknowledge differences in communication styles
- Use "I" statements
- Give the other person time to think and respond

Don'ts

- Over-generalize
- Drip with sarcasm
- Engage in magical thinking – no one can read your mind

Q & A



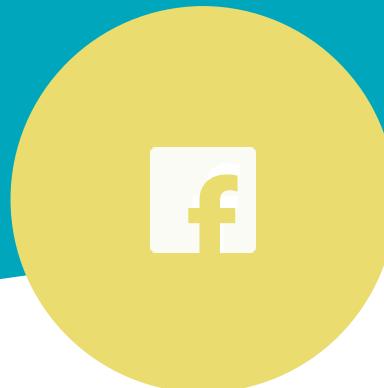


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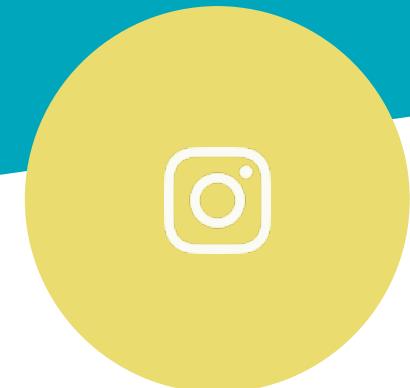
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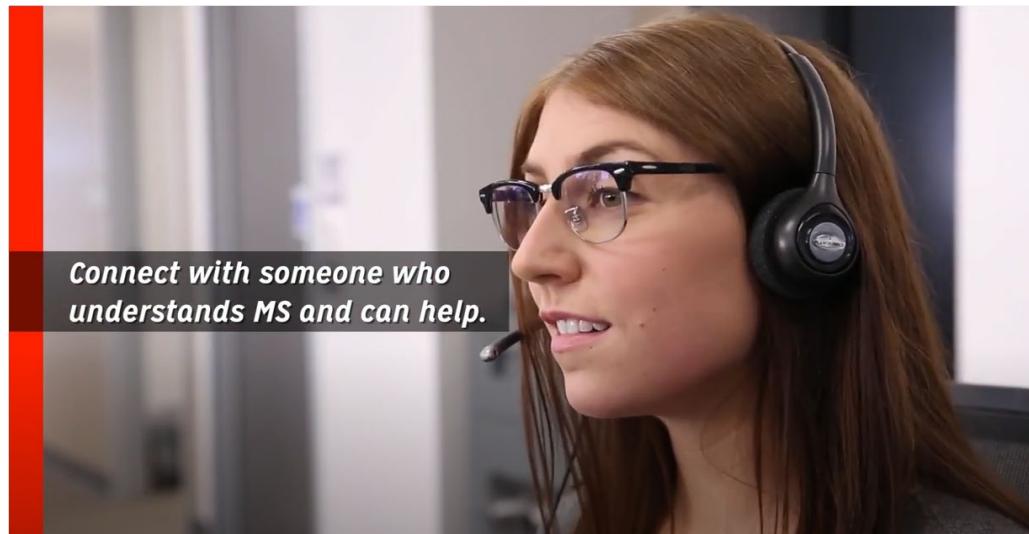
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The National MS Society exists because there are people with MS. **Our vision is a world free of MS.** Everything we do is focused so that people affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever.



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WEBINAR WEDNESDAYS

How MS Impacts Your Mood and Cognition!

Wednesday, May 5 at 8pm ET

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