



**The Leeds  
Teaching Hospitals**  
NHS Trust

# West Yorkshire Regional MS Clinic

Information for patients



Leeds Centre for  
Neurosciences

A specialised service providing treatment, support and advice for individuals and families affected by MS

## Aims of the Service

- To provide specialist assessment for people with an established diagnosis and those with a new diagnosis of MS.
- Initiation and monitoring of new therapies and symptomatic treatments.
- To provide multi-disciplinary assessment on a single visit and continuity of care.
- To provide education and information.

## The MS Team

### Consultant Neurologists



*Dr Oliver Lily*



*Professor Helen Ford*



*Dr Maruthi Vinjam*

The Consultant Neurologists will be able to discuss your diagnosis and answer questions you may have about MS. They will discuss various forms of treatment for MS.

They work with an experienced trainee neurologist, the Specialist Registrar.

The consultants work closely with the other members of the MS team and with your General Practitioner.

When there are local trials of new treatments in MS you may be asked to consider taking part.

Some people only visit the clinic once for a particular problem. Others come on several occasions or regularly. Either way, we like to keep a register of people with MS for research and information purposes.

### **MS Specialist Nurses**

The MS Specialist Nurses' role within the service is to provide continuing advice, information and support to you and your family/significant others from diagnosis onwards.



*Gale Metcalfe*



*Lucy Hughes*



*Laura Carrington*



*Paula Clarke*

***Within the clinic setting the nurses will maintain support and advice on a number of issues related to MS, for example:***

- Symptom Management
- Disease modifying therapies and follow-up
- Pregnancy
- Diet

- Exercise / relaxation / fatigue management
- Driving
- Work and employment issues
- Managing relapses
- Treatment therapies
- Complimentary therapies

The MS Nurse liaises with other Healthcare Professionals and provide a link between the hospital and community settings.

If you would like to contact or speak with an MS Specialist Nurse please telephone: **0113 392 8117**

### **MS Support Nurse**



*Jocelyn Thorndike*

I review and support patients as necessary, referring to other Healthcare Professionals and signposting to other services where appropriate.

I am responsible for administering Disease Modifying Treatment infusions for example Tysabri, Alemtuzumab and Ocrevus within the Daycase Unit.

I support the Cardiac Nurse with first dose monitoring of Fingolimod and Siponimod.

## Specialist Neurological Physiotherapist

Physiotherapy can help with problems such as balance, walking, co-ordination, weakness, pain and spasms.

### *Physiotherapists also advise on:*

- walking aids e.g. sticks, crutches
- wheelchairs, posture and special seating systems
- lifting and handling techniques
- fitness and exercise programmes

## Neuropsychology

### *The Neuropsychologist will see people for two main reasons:*

- firstly, for cognitive assessments, to identify if someone is having problems with memory, concentration and to give advice about how to manage such problems;
- and secondly, for therapy with people who are having problems coping emotionally.

## MS Research

We want every patient with MS to have the opportunity to participate in a research study.

We are developing a distinctive, high quality research portfolio, delivering high quality commercial and non-commercial research studies.

We realise that the future of MS care lies in the answers that research can offer.

## MS Co-ordinator

We have a MS Treatment Programme Co-ordinator within the MS team whose role is to take care of the administration duties for patients on treatments for their MS, specifically disease modifying treatments. The co-ordinator is responsible for the Leeds MS Register which aims to gain better insight into various issues surrounding MS.



## Useful contact numbers

<b>MS Secretary</b>	<b>0113 392 8122</b>
<b>MS Treatment Co-ordinator - Mel / Khadijah</b>	<b>0113 392 6307</b>
<b>MS Nurses Office</b> email: <a href="mailto:leedsth-tr.mymsnurse@nhs.net">leedsth-tr.mymsnurse@nhs.net</a>	<b>0113 392 8117</b>
<b>MS Society Leeds Branch</b>	<b>0113 808 1965</b>
<b>National Number</b>	<b>0208 438 0700</b>
<b>Continence Nurses</b>	<b>0113 305 5138</b>
<b>Physiotherapy Department</b>	<b>0113 392 4523</b>
<b>MS Trust</b>	<b>01462 476 700</b>
<b>Community Neurology Services</b>	<b>0113 305 5185</b>
<b>Adult Social Services</b>	<b>0113 222 4401</b>
<b>Blue Badge</b>	<b>0113 222 4444</b>
<b>Welfare Rights</b>	<b>0113 247 4230</b>
<b>William Memitt Disabled Living Centre</b>	<b>0113 305 5288</b>
<b>Daycase</b>	<b>0113 392 3274</b>



## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

*Your views matter*



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