

Multiple Sclerosis Clinic

UBC Hospital
Centre for Brain Health
Main Floor, 2215 Wesbrook Mall
Vancouver, BC V6T 1Z3
Tel: 604-822-7131
Fax: 604-822-7362

Multiple Sclerosis Clinic

The MS Clinic sees patients that are referred to the clinic with the possibility of a neurological disorder. At the clinic you will meet with a neurologist who may arrange further diagnostics to assist in a diagnosis.

The MS Clinic at UBC Hospital was established in 1980 to provide comprehensive care to people living with MS. The Clinic is staffed by a multidisciplinary team of health professionals with a special interest in improving care and finding the cause and cure for MS.

Multiple Sclerosis

Multiple sclerosis (MS) is a chronic disease that typically presents in young adulthood. Canada has one of the highest rates of MS in the world, with approximately 100,000 cases. In MS, the body's immune system attacks the protective tissue (called myelin) that surrounds nerve cells in the brain and spinal cord. This disrupts communication between the brain and the rest of the body, and can result in a wide variety of symptoms. Persons with MS may experience lack of coordination, numbness and tingling of the limbs, fatigue, difficulties walking, mood changes, and cognitive impairment.

The cause of MS is not known, but it is likely related to a combination of both genetic and environmental risk factors. For instance, we know that women and people of Northern European ancestry are at an increased risk of developing MS. Cigarette smoke and low vitamin D/sunlight exposure appear to increase the risk of MS as well.

There is currently no cure for MS; however, there are treatments and lifestyle choices which may modify the course of the disease and help to manage symptoms.

Patient Care

The MS Clinic provides service in the following areas:

- **Neurology:** Assessment, MS Investigations, MS diagnosis, management & treatment
- **Neuro-Ophthalmology:** Assessment, visual testing and treatment
- **Nursing:** Assessment, diagnostics, education, and emotion support for MS patients and families. Follow-up regarding disease modifying therapy.
- **Occupational Therapy:** Assessment, education and interventions for MS patients
- **Physiotherapy:** Assessment, education and interventions for MS patients
- **Psychiatry:** Assessment and treatment of mood disorders
- **Sexual Medicine:** Assessment and sexual counseling
- **Social Worker:** Family and psychosocial counseling
- **Urology:** Assessment, urodynamics and treatment of urological symptom management

During your visit you may or may not interact with some or all member of this patient care team.

Research

The UBC MS clinic houses an internationally-renowned MS research program. Much of our understanding of MS stems from knowledge gained from patients who participate in the research program here. When you attend the MS clinic, you may be approached by a researcher to discuss your interest in participating in research. Areas of research include:

- Epidemiology
- Genetics
- Magnetic Resonance Imaging (MRI)
- Neuro-Immunology
- Psychiatry/Neuropsychology
- Rehabilitation
- Serial Neurological Evaluation
- Therapeutic Drug Trials

Education

MS Patient and Family

The clinic team of neurologists, neuro-ophthalmologists, nurses, a geneticist, a social worker, and a physiotherapist counsel and educate the MS patient and family. They help them to understand and cope with the disease process.

Health Professionals

The Clinic team organizes lectures and meetings to provide MS education for neurologists, family practitioners, hospital staff, medical students, fellows, residents, MS researchers, community health care workers and local MS support groups.

Referral Protocol

Initial & Follow-Up Visits

Patients need referrals from their family practitioner or neurologist to attend the Clinic and for subsequent follow-up visits. Consultation reports are sent to the patient's family practitioner and referring neurologist after each visit.

Patients must be seen annually in the MS Clinic to remain under the care of the MS Clinic neurologist. Patients can be seen at any time for management of MS related problems.

MS Clinic Nursing Team

Patients experiencing an acute relapse can be seen within days of onset of symptoms at the clinic. If a patient has any concerns, questions or an exacerbation of symptoms they are encouraged to call the MS Clinic at **604-822-0753*** or email at **mscliniern@vch.ca**.

The nurse will perform a phone assessment and may arrange for necessary diagnostics (i.e., blood work, urine sample, etc.). The nurse will discuss your care with a neurologist to determine a plan. Your symptom management may be managed remotely or you may be brought into the clinic to see a member of the patient care team.

*This is a voice messaging service which is checked regularly by the nursing team. A member of the MS Clinic nursing team with contact you to complete a relapse assessment.

Clinic

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Hours of Operation

Clinic Office:

Monday to Friday: 8:30 am–4:30 pm
(excluding holidays)

Clinical Service Hours:

Monday, Tuesday, Thursday: 8:30 am–4:30 pm

Nursing:

You can leave a voicemail for the MS Nursing Team. Voicemail will be prioritized and the team will make every available effort to return your call as soon as possible.

Tel: 604-822-0753

Email: mscliniern@vch.ca

Clerical:

For information about appointments, follow-up diagnostics (MRI, ultrasound, etc)

Tel: 604-822-0731, ext. 2

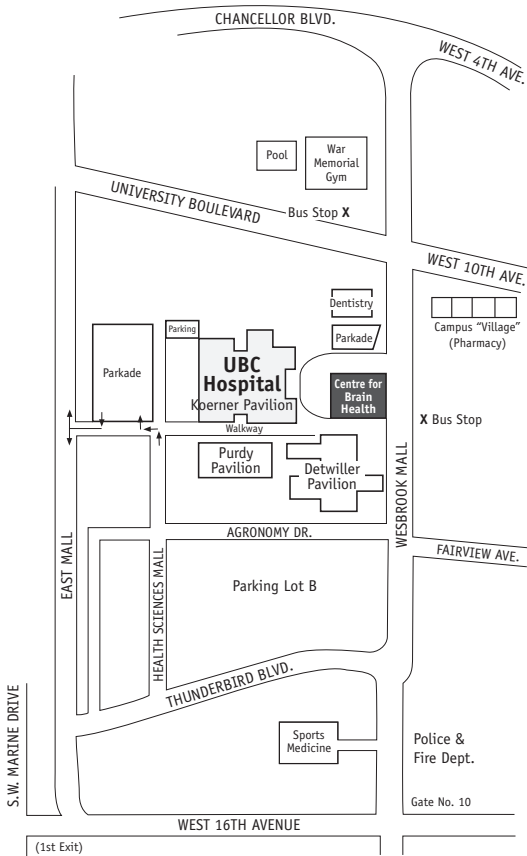
For prescription renewals please have your pharmacy fax: 604-822-7362

Additional MS Clinics

- MS Clinic **Kelowna General Hospital**
Tel: 250-862-4071
Fax: 250-862-4226
- MS Clinic **Prince George Regional Hospital**
Tel: 250-565-2304
Toll Free: 1-888-967-6774
Fax: 250-565-2662
Email: MSClinic@northernhealth.ca
- MS Clinic **Royal Jubilee Hospital (Victoria)**
Tel: 250-370-8398
Fax: 250-519-1834

Parking

The MS Clinic is located in the Djvavd Mowafaghian Centre for Brain Health. Parking (including handicap stalls) are available in front of the Centre for Brain Health, Health Sciences Parkade, & Thunderbird Parkade.



For parking rates please visit www.parking.ubc.ca or call 604-822-6786.

For more copies, go online at <http://vch.eduhealth.ca> or email pthem@vch.ca and quote Catalogue No. **FM.460.M919**

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The information in this document is intended solely for the person to whom it was given by the health care team.

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