

MS cognition clinic handbook – Karger Fast Facts: Cognition in Multiple Sclerosis

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Cognition remains a challenge for MS services to address, which was highlighted in our survey at last year's MS Trust conference (Langdon et al., 2022). We used the information from the survey, and other conversations which we had, to inform the content of our MS cognition clinic handbook – Karger Fast Facts: Cognition in Multiple Sclerosis (Langdon and Young, 2023). The book reviews current evidence and offers practical advice and resources. The book can be downloaded now (<https://www.karger.com/Book/Home/283406>).

1 What do cognitive difficulties mean for people with MS and their caregiver partners?

The voices of PwMS and their caregiver partners explaining their experience of cognitive difficulties.

2 MS cognitive difficulties and their impacts

An outline of which cognitive domains are likely to be affected: information processing speed, memory, executive function social cognition. How cognitive difficulties affect everyday life, including safety, employment and disease management.

3 How do MS cognitive deficits relate to other variables?

Cognition is not closely related to MS subtype, disease duration, physical disability, or MRI variables.

4 Assessment strategies

Informal judgements of cognitive status by health professionals and PwMS are often not accurate. Formal cognitive assessment is necessary. Options for cognitive assessment in MS clinics.

5 MS clinic management of cognition 1: *Healthcare professional information and action*

Clinic Cognition Audit. DMD's. Managing related symptoms and comorbidities. Brain health education.

6 MS clinic management of cognition 2: *People with MS' engagement, information and action*

Interaction style for effective communication with PwMS with cognitive difficulties to optimise outcomes. Enhancing awareness of cognitive issues and supporting brain health engagement. Risk awareness and monitoring (driving, falls, symptom management, DMD adherence). Strategies to manage cognitive difficulties. Involving caregiver partners.

7 Additional specialist input

How to utilise specialist input, where available, for cognition, employment, driving, sleep.

8 Difficult conversations

Practical advice and protocols to manage conversations which may be difficult, including broaching cognitive difficulties in MS, a caregiver contacts you about their partner's cognitive difficulties, preparing a PwMS for cognitive assessment, feeding back cognitive assessment results.

Useful resources

Details of websites, books and other materials for professionals and PwMS.

References

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