

Top tips and meal ideas for people with Multiple Sclerosis undergoing immunosuppressive treatments

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Background

Making decisions regarding treatment options is increasingly complex for patients with MS and choosing the right treatment is an important aspect of condition management. Patients undergoing intensive treatments often need to follow a restricted diet to reduce infective complications; however, this can add to the anxiety around the treatment.



Conclusion

The booklet was formatted by ABMUHB medical illustration. Once approved by the patient experience board for the trust, funding will be sought to have the booklet published. The booklet will be issued to all patients considering treatment with Lemtrada or HSCT. An audit of the usefulness of the booklet will be undertaken post publication

REF: <https://www.brainyquote.com/topics/food>

Aim

The aim of this project was to devise a booklet that offers general advice on how to reduce the risk of listeria infections after immunosuppressive treatment, such as Lemtrada or Hematopoietic Stem Cell Transplantation (HSCT).

The booklet gives advice on the foods to eat, foods to avoid as well as suggested meal ideas to give people the confidence to eat healthy well-balanced meals the whole family can enjoy.

Method

The guidelines were reviewed in relation to advice on reducing the risk of listeriosis. Expert advice was sought from our dietician colleagues and recipes were obtained from NHS choices and Tesco (with the company's permission).

SAMPLE MEAL PLAN:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Porridge with pasteurised milk	Pasturised "non live" Greek yoghurt and tinned fruit	Cornflakes with pasteurised milk	Baked beans on toast	Weetabix with pasteurised milk	Hard-boiled egg and toast	Thoroughly cooked sausages, tinned tomatoes, hash browns and baked beans
Lunch	Omelette (well-cooked eggs) with pasteurised cheddar and vacuum-packed ham	Tinned soup and crackers or bread free from un-cooked nuts	Pasta with sweet chilli sauce	Tinned tuna and shop-bought mayonnaise sandwich	Jacket potato with pasteurised cheese and baked beans	Pre-packed meat of your choice (baguette)	Pasteurised cheese on toast
Dinner	Homemade chicken curry with rice	Thoroughly cooked gammon served with tinned pineapple, jacket potato and peas	Frozen beef burgers served with chips	Vacuum-packed or frozen chicken, pepper, sweet corn and chick pea fajitas	Spaghetti Bolognese	Lasagne with cooked vegetables	Pasta bake
Puddings	Chocolate bar with no uncooked fruit or nuts	Crumble with pasteurised custard	Handful of sweets with no uncooked fruit or nuts	Chocolate cake and pasteurised cream	Biscuits with no uncooked nuts or fruit	Jelly and pasteurised ice cream	Pasteurised "non live" Greek yoghurt and tinned fruit

