



## **Guidance for use of the TiMS MS Self-Reported Assessment Tool**

Thank you for requesting to use the TiMS MS Self-Reported Assessment Tool. The following will give you information about the tool and guidance on its use.

### **Background / rationale**

Multiple Sclerosis (MS) is a complex neurological long-term condition with patients presenting with a combination of many different symptoms, leading to varied and complex functional difficulties. Often Medical, Allied Health Professionals (AHPs) and Nursing consultations are time limited and patients, as well as clinicians, can feel they have not fully addressed all the needs of the individual. One solution to this is to ask the patients in advance of their consultation what issues they are currently concerned about and to rate these in order of priority. However, some patients can find it challenging to articulate the many ways in which MS may affect them. A structured self-reported assessment tool, which highlights specific symptoms or functional areas which MAY affect people, could be helpful to them to get the most out of their clinical appointment. Some services offer this approach already but usually in an unstructured way. Given that MS management usually involves a multidisciplinary approach, it has been postulated that having one self-evaluation tool, which works across disciplines to provide a comprehensive approach to care, would be of value to patients and clinicians.

As a result, the Therapists in Multiple Sclerosis (TiMS) national working group have produced an MS Self- Reported Assessment Tool for people with MS. This tool has been designed based on recommendations made in the NICE Guideline for the Management of MS (2014). Its content has been reviewed and approved by TiMS working group members and the UK MS Specialist Nurse Association (UKMSSNA), it has been piloted obtaining feedback from medical staff, AHP's and nurses. It offers a patient centred approach to providing individuals with an opportunity to self-evaluate their MS and to use this information to inform their consultations with their MDT. These consultations can then be focussed on addressing those issues highlighted as of concern by the patient.

### **Use of the tool**

It is envisaged that services will use the tool in different ways depending on their own models of care, but it is hoped it will be available in either paper format or for download by people with MS or health care professionals as a document that can be used in advance of or during consultations.

A letter template for patient information about the tool is attached and this can be adapted as required to meet your service needs.

The TiMS MS Self-Reported Assessment Tool is copyrighted and as such, TiMS politely requests that the tool is not adapted in any way.

By using the tool, you agree to the MS Trust and/or TiMS contacting you at a future date for evaluation purposes.