Symptom assessment and management in multiple sclerosis (MS) is an essential component of comprehensive MS care. Though advances in earlier detection of MS and disease modifying therapies have significantly changed the landscape of MS, it is the ongoing management of symptoms which allows individuals to optimize their daily functioning and quality-of-life. Given the wide variety of symptoms that can occur with MS including, but not limited to: fatigue, depression, pain, mobility restrictions, urinary, bowel, sexual and cognitive dysfunction, an interdisciplinary approach is warranted. Management includes both pharmacological and non-pharmacological interventions to optimize functioning and quality-of-life. Ultimately, the provider can assist in empowering patients with education regarding symptom management and encourage them to be active players in their MS care plans.

This presentation will focus on the importance of identifying and managing acute and chronic MS symptoms. The presentation will review common symptoms of MS, along with assessment and management strategies. It will also identify the key players in a patient-centered team approach to managing the complexities of MS care.