A document to define responsibilities in MS care and support shared decision-making



my MS commitments

This document has been developed with the help and suggestions of people living with MS and MS healthcare professionals

Name:

Address:

Neurologist/MS nurse:

Date of diagnosis:

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myMS commitments

Take some time to read this document and feel free to ask any questions.

- This document aims to share responsibility for your MS care between you and your healthcare team, and outlines what you can expect from each other
- It lists the commitments your healthcare team will make to you and the responsibilities they would like you to take on
- Being open about commitments between you and your healthcare team can help to build trust and strengthen your relationship
- This document can be tailored to suit your needs.

All the information provided is at the discretion of your healthcare team based on the most accurate and timely information they have available to them. While they will always do their best, it may not always be possible to provide all the information you need at every appointment.

Listed below are commitments for you and your healthcare team.

1. Understanding and learning about multiple sclerosis

As a patient, I commit to…	TICK if agree	As part of the healthcare team, I/we will commit to…
• Telling my doctor, MS nurse or other member of my healthcare team about the type of information I would like	☐	• Directing you to reliable information and resources
• Reading the information given to me and asking questions in relation to it	☐	• Listening to your concerns and answering any questions you have, and respecting that you may not be ready to talk about certain issues
• Asking about reliable resources and patient support organisations	☐	• Letting you know about patient support groups local to you
• Doing my own personal learning about any new treatments I may receive	☐	

Notes and concerns

2. How to get the best from appointments

As a patient, I commit to…	TICK if agree	As part of the healthcare team, I/we will commit to…
• Keeping scheduled appointments, if possible, and letting the hospital or doctor know in advance if I need to change/cancel my appointment	☐	• Offering you regular appointments to review your care
• Planning my priorities and recording my concerns so that I am prepared for my appointment	☐	• Talking through your concerns and referring you to appropriate healthcare team members
• Talking about my symptoms including invisible symptoms such as fatigue and depression	☐	• Asking about your quality of life and how this may have changed
• Talking about changes in my MS and general wellbeing	☐	

Notes and concerns

3. MS treatment and management

As a patient, I commit to…	TICK if agree	As part of the healthcare team, I/we will commit to…
• Considering my treatment options and taking my medication as advised	☐	• Ensuring you understand the best treatment options for you and helping you to make treatment decisions
• Attending recommended monitoring tests	☐	• Explaining the purpose of tests and ensuring you understand the results
• Telling my healthcare team how I think the treatment is working and any problems I experience	☐	• Talking about how you feel your current treatment is going
• Talking about missed doses or stopping my treatment	☐	• Respecting your treatment choices and suggesting alternatives if you do not feel your current treatment is right for you
• Telling my healthcare team about other medications I take, including: *herbal remedies, physiotherapy, diet supplements, acupuncture and homeopathy*	☐	• Talking about alternative therapies
• Talking to my doctor, MS nurse or other member of my healthcare team about starting a family	☐	• Discussing issues around treatment and starting a family

Notes and concerns

4. How to get the best out of life

As a patient, I commit to…	TICK if agree	As part of the healthcare team, I/we will commit to…
• Talking about my quality of life including how MS affects my everyday life and employment	☐	• Discussing what lifestyle changes could improve your overall wellbeing
• Asking about things I should adjust in my lifestyle and making the changes suggested	☐	• Helping you understand what things are likely to make your MS worse and how to avoid these
• Sharing my concerns about MS with my family, friends and caregivers	☐	• Sharing how family, friends and caregivers can be supported
• Talking about recent achievements in the management of my symptoms	☐	• Asking whether you would feel you need additional support from a psychologist, social worker or other consultant

Notes and concerns

Use this section to mention any things you would like your healthcare team to know about you, for example, personal goals you have or how you cope at work. Sharing information here will help to build a better understanding between you and your healthcare team.

MS in the 21st Century is a Merck KGaA, Darmstadt, Germany initiative involving healthcare professionals and patient advocates. EMD Serono is the healthcare business of Merck KGaA, Darmstadt, Germany, in the U.S. and Canada.

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US-NONNI-00193 April 2022

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