



East Sussex Community Health Services

MS Specialist Nurse Service

The role of the MS nurse involves offering support, advice, information, education and help to those who are affected by MS.

The service is available to anyone with a confirmed diagnosis of MS. If you are known to the service you can either self refer OR ask your GP or consultant neurologist or other professional to refer you. Contact the MS nurse direct for details if you are unsure.

When should I contact the MS nurse?

- If you have a question about your MS or treatment options
- If you are concerned by any symptoms you are experiencing
- If you think you may be having a relapse
- If you are finding it difficult to cope with any aspect of your MS
- If you need advice about medication
- If you want any information about MS

If in doubt phone your local MS nurse

Hours Worked

Our hours are Tuesday to Friday 9.00am – 5.00pm excluding bank holidays. We are often out of the office in clinic or on home visits but it is possible to leave a message on our answerphone.

What kinds of services are provided?

- Nurse led clinics – problem solving, assessment, lifestyle advice, support
- Symptom management
- Monitoring of Disease Modifying treatments (where appropriate)
- Home visits (as appropriate)
- Lifestyle advice
- Telephone advice
- Referral to other disciplines/agencies