

MS tools

MS is a disease with a progressive spectrum and many patients transition from the earlier stage of relapsing-remitting MS (RRMS) to secondary progressive MS (SPMS) over time. However, everyone's MS is different and so the path it follows is also unique. Novartis, together with physicians and patients, developed tools to identify early signs of progression. The tools use information about the symptoms of the patient and their impact on everyday life in the past six months. This information is used to facilitate the discussion between physicians and patients about the likelihood of transition from RRMS to SPMS.

Making MS Decisions Together

As a person living with MS you can take an active role in making decisions about how your MS is managed and advocate for your care through ongoing and collaborative discussions with your healthcare team. Sharing your lived experience, symptoms, and side effects, as well as your expectations and concerns, will help you manage your MS together with your healthcare team.

Check out these resources to support you in making decisions about your MS management together with your care partner and your healthcare team.



My MS Checklist

My MS Checklist is a short checklist tool designed to help you prioritize what is most important to you in your MS management and care plan before an appointment.



My MS Workbook

My MS Workbook is a comprehensive reflection tool to help you and your care partner to prepare for more in-depth discussions with your healthcare team in advance of your next appointment. Alternatively, you can also complete this workbook on your own and use it for self-reflection.

My MS Workbook and My MS Checklist are collaborative resources co-developed by the MS Community with Novartis to help people living with MS and their care partners identify priorities and prepare for MS management discussions with their healthcare team.

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