



# The 10-minute consultation: multiple sclerosis

## Rationale

The length of consultations varies, but the average length is 10 minutes. In addition, a new GP curriculum was introduced in the UK in 2007, with re-evaluation for practicing GPs; revalidation through continuing medical education is already the standard in other countries. The 10-minute consultation series of pocketbooks aims to develop clinicians' history-taking and clinical examination skills, as well as provide detailed information on the management options available in primary care, with emphasis on when (and when not) to refer for specialist investigations and treatments. The pocketbook format is concise and portable, and key points are highlighted for quick reference, either as a memory aid or for day-to-day use on the clinical frontline.

## The 10-minute consultation: multiple sclerosis

Multiple sclerosis is a chronic autoimmune disorder affecting movement, sensation and function. It is caused by the destruction of the myelin insulation that covers nerve fibres (neurons) in the central nervous system (brain and spinal cord).

The 10-minute consultation: multiple sclerosis will provide a holistic approach to the primary assessment and management of multiple sclerosis, stressing the importance of ongoing patient review and recall to ensure delivery of high-quality, evidence-based management.

## Authorship

The 10-minute consultation advisory board comprises practicing GPs with a specialist interest in multiple sclerosis, whose role is to ensure the accuracy, quality and integrity of the content. By using a team of experienced and highly regarded GPs, we aim to draw on their clinical experience within the field, closely reflecting the needs of the readers.

## Summary

The 10-minute consultation: multiple sclerosis will provide clinicians with an invaluable source of information on this chronic autoimmune condition and will highlight the key principles of diagnosis and management.

Key objectives for the reader:

- To understand the epidemiology of multiple sclerosis
- To understand that multiple sclerosis is associated with significant morbidity
- To understand how to assess symptoms in primary care
- To understand how to manage multiple sclerosis in primary care
- To understand the principles of drug and non-drug treatment
- To understand the indications for specialist referral



## Audience

- ✓ Medical students
- ✓ **Primary care:** GPs, Nurses, Pharmacists
- ✓ **Secondary care:** Nurse specialists, Junior doctors

## Specification

International Editorial Advisory Board

Paperback: 96 pages (tbc)

Product dimensions: 110 x 190 mm

Binding: perfect bound

Colour: 4-colour cover; 2-colour text



## Table of contents

### 1. Introduction

Epidemiology and genetics of multiple sclerosis  
 Definition and disease classification  
 Patterns and pathophysiology of multiple sclerosis  
 Immunology

### 2. Who and what to test

Assessment (initial assessment and management pathway)  
 Sites of attack and clinically isolated syndromes  
 How to assess complications and co-morbidities (pain, depression, disability)  
 What assessment tools and resources are available?

### 3. How to manage the patient with multiple sclerosis

Principles of management (sites of action, drug and non-drug management)  
 How to select treatment?  
 Treatment of underlying cause  
 Treatment of relapse  
 How to measure treatment effectiveness?  
 How to manage co-morbidities (pain, depression, disability)

### 4. Person-centred care

Principles of self-management  
 Self-management  
 Expert patient programme

### 5. Applying the evidence

What are the implications of the international best-practice guidelines for GPs?  
 Selected landmark studies  
 Management pathways  
 When to refer?

### 6. Review and recall

What ongoing patient care, monitoring and follow-up are necessary?  
 What roles do the MS nurse and other key healthcare workers have in managing the patient?  
 Long-term support

#### Further reading

## Other titles in *The 10-minute consultation series*



and many more...

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