



Proactive Home Multiple Sclerosis Care Plan



By its effects on factors including balance, strength, coordination, and vision, multiple sclerosis (MS) brings the patient and family a number of big, unexpected challenges. But Paradigm Home Health can help surmount those challenges, with our multi-disciplinary approach to treatment and recovery.

Our experienced team will recommend constructive ways for patients to thrive at home. Together, we'll provide the tools and tactics needed to slow the progression of symptoms, improve in function, and grow in independence.

Proactive Management Goals

1. Educate patient and family on MS and its treatment
2. Maintain or improve posture, balance, gait, and flexibility
3. Optimize patient's abilities for activities of daily living
4. Coordinate medical equipment and outpatient care when needed
5. Promote overall health and independence

Paradigm works to help each patient live life to the fullest.



Make the Most of It.

Each proactive care plan is custom-tailored to the unique needs of the patient.

Nursing Health and happiness.

Our nursing professionals work to educate, evaluate, and coordinate, administering an integrated plan of care.

Educate and instruct on disease process and pain management
Help manage medications
Coordinate care among providers
Evaluate for symptoms of depression

Monitor and assess for urinary tract infections
Assess skin health
Promote overall health, including teaching on diagnoses other than MS

Physical Therapy Work in progress.

Paradigm's physical therapists help the patient maintain or improve strength and stability, while managing symptoms such as pain, dizziness, and fatigue. The skills and techniques established in physical therapy provide the basis for improving mobility and independence.

Teach techniques for pain management, flexibility, and fatigue reduction
Implement circuit training for strength, stamina, and core stability

Address any dizziness from stiffness in the head and neck
Work on posture, balance, and gait

Occupational Therapy On with life.

Through standard skills tests and a customized plan of action, our therapists will assess each patient's abilities and set them on the path to achieving their goals.

Administer a Modified Fatigue Impact Scale (MFIS)
Perform Canadian Occupational Performance Measure

Perform environmental modifications and home safety assessments
Work on Activities of Daily Living

Once we've worked through the care plan and the patient has reached his/her goals, we'll provide continuing assistance, including home strengthening exercises—and even Tai Chi when applicable. Paradigm's Management and Evaluation Program means we're always there to help patients and their families make the most of life.