

# What's Next?

## Medical Management and Follow-up of Pediatric MS

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**UAB**

**Center for Pediatric Onset  
Demyelinating Disease**

## What Happens After the Diagnosis of Pediatric MS?

- Important decisions have to be made
- Immediate and on-going extensive education has to take place
- Medical support and guidance has to be initiated

# Decisions To Be Made . . .



# What Decisions Have To Be Made?

- Which treatment is the best one for my child?
- Which neurologist will follow my child?
- When should disease modifying therapy begin?

# Which Treatment is the Best One for My Child?

Currently, there are 6 disease modifying therapies (DMTs) that are used in the treatment of relapsing, remitting multiple sclerosis in children

- ❑ **Copaxone®**
- ❑ **Rebif®**
- ❑ **Avonex®**
- ❑ **Plegridy®**
- ❑ **Extavia®**
- ❑ **Betaseron®**

# Which Neurologist Will Follow My Child?

Factors that influence this decision:

- Locale
  - Referral
    - Primary care physician versus neurologist
  - Family preference

# Factors That Influence DMT Choices

- Site of Injection
- How often the injection is given
- Medication preparation
- Medication storage
- Side effects
- Length of needle

# When Should Therapy Begin?

Factors that influence therapy include:

- Exacerbation status
- Insurance issues
- Family preference
- Family/patient education and training

# Ongoing Education!



# Modalities of Comprehensive Education

- ❑ Physician lead discussions at scheduled appointments
- ❑ Individualized educational sessions
- ❑ Phone discussions with nurse
- ❑ Group discussions at educational retreats

# Topics of Discussion After An Initial Diagnosis is Made

- Diagnosis and Treatment
- Symptom Management
- Medication Side Effects
- Follow-up lab work
- Follow-up neuro-imaging
- Acute versus Permanent Symptoms
- Primary care issues
- School issues
- Social and family issues
- Follow-up appointments
- Vacation and travel
- Neuro-psychological testing
- Ongoing research and discoveries



# Symptom Management



# Common Symptoms That May Indicate a Relapse!

- Changes in Vision
- Eye Pain
- Incontinence
- Muscle Weakness
- Facial Drooping
- Difficulty Swallowing \*
- Difficulty Breathing\*
- Fatigue
- Cognitive Changes
- Frequent UTIs
- Bladder or Bowel Dysfunction
- Spasticity
- Slurred speech or stuttering
- Balance and/or coordination
- Tingling or Numbness

\* Require immediate attention at a hospital or ER

# Other Topics

- Deciding When and If To Treat
- Managing Acute Attacks
- MS or not MS?
- MS Fatigue
- MS and Heat Intolerance
- Symptoms to Report
- When To Go To The Local ER
- When to See Your Neurology Team

# Support and Guidance

- CPODD Staff Support
- Community Resources and Support
- Local MS Chapter Support
- National MS Society Support