

(W02) MY LIFE, MY MS, MY DECISIONS: PERSONAL MEDICAL DECISION MAKING FOR PEOPLE WITH MS

This course was created by the National MS Society to help people with ms manage the personal medical decisions they have to make. Karen DeJue, DO (retired doctor with MS); George Garmany, MS (neurologist), Loren Rolak, MD (neurologist), Jill Wright, MD (retired) contributed content and the course was written by several writers including Diane Schnieder, PhD. The series includes 4 online courses and a DVD that can be used for group education programs. This course series is directed to a younger, often newly diagnosed, and tech-savvy audience with MS. These audience members typically access the National Multiple Sclerosis Society's website seeking answers to specific questions. By completing any of the courses within the My Life, My MS, My Decisions course series, audience members will feel more empowered and confident making decisions about issues associated with MS. The course series will help to structure the decisions that people with MS might face once they have been diagnosed with MS by providing unbiased information, and discussing information about the risks and benefits associated with their decisions. These courses will help people newly diagnosed or experiencing changes in MS to reduce the anxiety associated with their decisions and concerns, and promote a sense of confidence and ownership over their decisions.

Each course is approximately 30 - 60 minutes in length and focuses on a very specific topic. The titles for the courses within the My Life, My MS, My Decisions series are: Teaming Up with your Healthcare Team; Navigating the Medication Maze; Contemplating Clinical Trials; and Achieving Optimal Wellness. The courses include decision-making tools (both quantitative and qualitative), check lists for discussions with healthcare professionals, and links to the most current information on the National MS Society's website.

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