

Assessment & Management of MS Symptoms and Comorbidity



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Symptom assessment and management in multiple sclerosis (MS) is an essential component of comprehensive MS care. Though advances in earlier detection of MS and disease modifying therapies have significantly changed the landscape of MS, it is the ongoing management

of symptoms which allows individuals to optimize their daily functioning and quality-of-life. Given the wide variety of symptoms that can occur with MS including, but not limited to: fatigue, depression, pain, mobility restrictions, urinary, bowel, sexual and cognitive dysfunction, an interdisciplinary approach is warranted. Management includes both pharmacological and non-pharmacological interventions to optimize functioning and quality-of-life. Ultimately, the provider can assist in empowering patients with education regarding symptom management and encourage them to be active players in their MS care plans.