

# Living with MS

## Telehealth Services at Saunders Medical Center



Saunders Medical Center is now offering telehealth services for patients who do not wish to come in for their appointment due to COVID-19. Patients who wish to schedule a telehealth appointment still need to call registration at 402-443-4191 to make an appointment. After that a link will be either texted or emailed to the patient. The patient will need to accept the appointment through the link and the provider will join. Patients need to have access to a computer, tablet or smart phone that has a camera, audio capabilities and internet access.

## Being your own advocate

Speaking up for oneself is critical for anyone with chronic illness. Self-advocacy describes the efforts you make to represent yourself and your needs both inside and outside the healthcare system. There are many things you can do to advocate for yourself.

- Keep a diary, or use an app, to reveal different aspects of your health. It can be illuminating.
- Record your diet, sleep, and exercise. Keep track of MS medications, symptoms, and side effects.
- Take note of your emotional ups and downs; keep a worry or gratitude journal.
- List personal goals; these can include pain management, weight loss, water consumption, and fatigue reduction.
- Review your notes to identify patterns that can help you better understand when MS rears its ugly head.
- Educate yourself
- Be vigilant about accuracy: Choose only trustworthy, legitimate sources. If you feel like a resource could be a sham, it probably is.
- Join peer support groups, in-person or online, where others share fellowship, frustrations, good news, and ideas. The more you know about MS, the more confident you will be as a self-advocate.
- Learn all you can about insurance and the healthcare system
- Apply for grants to help pay for costs associated with MS
- Find out about patient assistance programs offered

Our office is here to support you in any way possible but unfortunately, we have over 600 patients to care for and we do not have the manpower or time to help every patient with every resource that is out there. Do not hesitate to ask us if you have a question because we are here for you but we may need to point you in the right direction and have you take it from there.

<https://multiplesclerosisnewstoday.com/2019/02/07/need-know-self-advocacy-importance/>



## Important Information

- We would like to congratulate Melissa Fulton on passing her MS specialist certification exam. We are lucky to have her!
- The MS Clinic will not be closed May 25<sup>th</sup>-29<sup>th</sup> because CMSC has been canceled due to COVID-19
- Melissa Fulton will be out of the office for surgery December 23, 2020 – January 7, 2021. All appointments and phone calls will be directed to Abby at this time.

## Upcoming Events:

- The National MS Society has decided that all Walk MS events through June 30<sup>th</sup> will be held virtually
  - Saturday May 2<sup>nd</sup> – Walk MS: Omaha
  - Saturday May 9<sup>th</sup> – Walk MS: Lincoln
  - More information can be found at [https://secure.nationalmssociety.org/site/SPageServer?pagename=WLK\\_HOM\\_splash](https://secure.nationalmssociety.org/site/SPageServer?pagename=WLK_HOM_splash)
- Saturday, August 29<sup>th</sup> – SMC's 5<sup>th</sup> Annual Health Fair
  - 9am-noon @ Saunders Medical Center
  - Several MS related vendors
  - Free screenings
  - We will start scheduling screenings in July

## General Information/Tips

- Saunders Medical Center has a new patient portal. We encourage all of our patients to register and use the patient portal. To register please speak with registration either in person or at 402-443-4191.
- Please refrain from calling or texting Melissa or Abby on their personal cell phones. If you have an emergency after hours please contact our nurse line at 402-443-4191 and ask for the hospital nurses.
- Due to our increasing patient load, we need to start charging patients who cancel their appointment less than 24 hours in advance.
- Please arrive a half hour before your appointment to ensure there is adequate time for the check in process and our providers do not get behind for other patients.
- To schedule appointments please call registration at 402-443-4191. Our nurse is unable to schedule appointments and will have to transfer you.
- **Please call 402-443-4191 to notify Patti(ext 533) or Katherine(ext 539) if you have any change in your medical or prescription insurance. Also please make sure to give registration both cards at check-in.**
- If you have questions regarding the newsletter, please email Sam at [sjack@smcne.com](mailto:sjack@smcne.com).

**IMPORTANT  
NOTICE**



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