Multiple sclerosis: advice

Assume that today's date is 5 November 2026. This is original independent practice material. All patient details, appointments and individual care arrangements are fictional. You are Dr Etha Sykes, a doctor in the neurology outpatient service. Using the case notes, write to Mr Justin Gathoni, the patient's spouse, with her consent. Explain their agreed practical fatigue-support plan, address his concerns about future disability and clarify contact arrangements. Address the letter to Mr Justin Gathoni, Flat 2, 14 Willow Road, SW1V 2QP, United Kingdom. Allow 45 minutes: 5 minutes for reading and 40 minutes for writing. In your answer: expand the relevant notes into complete sentences; do not use note form; use letter format. The body of the letter should be approximately 180–200 words.

Choose one box per line: I = Include / C = Compress / O = Omit. Answers and reasons are on the webpage (scan QR).

	I	C	O
Patient details			
1. Patient: Ms Saumu Gedi	☐	☐	☐
2. DOB: 18/04/1988 (38 yrs)	☐	☐	☐
3. Address: Flat 2, 14 Willow Road, SW1V 2QP, United Kingdom	☐	☐	☐
4. Spouse: Mr Justin Gathoni; same address	☐	☐	☐
5. 05/11/26: patient consents to spouse receiving this advice	☐	☐	☐
Social background			
6. Lives with spouse; works part-time in payroll	☐	☐	☐
7. Independent personal care; wishes to retain household decisions	☐	☐	☐
8. Spouse available evenings; can manage heavier chores	☐	☐	☐
9. Enjoys collecting postcards	☐	☐	☐
10. Spouse complained receptionist sounded unfriendly	☐	☐	☐
11. Private disagreement with brother over borrowed money	☐	☐	☐
Medical history			
12. 29/10/26: neurologist confirmed multiple sclerosis after investigations	☐	☐	☐
13. Previous sensory episode improved; walking independently	☐	☐	☐
14. Fatigue 3/12; afternoon exhaustion limits cooking/housework	☐	☐	☐
15. Sister has MS, uses wheelchair; spouse fears identical course	☐	☐	☐
16. Explain: individual course unpredictable; no fixed timetable for disability	☐	☐	☐
17. Appendicectomy aged 17; uncomplicated	☐	☐	☐
Assessment/visit notes			
18. 05/11: no new neurological symptoms or infection symptoms	☐	☐	☐
19. Patient wants help conserving energy without spouse taking over	☐	☐	☐
Agreed individual fatigue-support plan			
20. Patient chooses priorities; divide tasks; planned breaks before exhaustion	☐	☐	☐
21. Spouse agrees shopping/vacuuming; ask before helping with other tasks	☐	☐	☐
22. Continue comfortable walks; adjust activity to energy	☐	☐	☐
23. Occupational therapy booked 12/11: practical fatigue strategies	☐	☐	☐
24. Keep brief activity/fatigue diary for review	☐	☐	☐
Contact and follow-up plan			
25. Fatigue advice: MS nurse via neurology reception weekdays; GP if unavailable	☐	☐	☐
26. Other new/worsening symptoms or marked ↑ fatigue → prompt nurse/GP advice; not automatically MS; emergency signs below → 999	☐	☐	☐
27. Sudden weakness, numbness in 1 arm, vision loss/blurring or balance/coordination problems → call 999 immediately; possible stroke; do not await clinic	☐	☐	☐
28. Neurology review 19/11; discuss treatment options	☐	☐	☐
29. Bring questions about treatment/future support	☐	☐	☐
30. Spouse welcome at review with patient's agreement	☐	☐	☐

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