

Living with MND: personal perspectives

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Types of motor neurones

- **Upper motor nerves (UMN)**
 - Brain
 - Spinal cord
- **Lower motor nerves (LMN)**
 - Peripheral nerves
 - Nerves once they have left the spinal cord



Upper Motor Neurone (UMN) Signs and Symptoms

- Weakness
- Spasticity
- Hyper-reflexia
- Stiffness and tightness
- Slowness of movement

Lower Motor Neurone (LMN) Signs and Symptoms

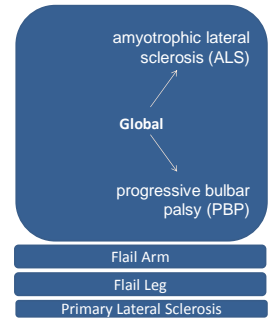
- Weakness
- Atrophy
- Fasciculations
- Hypo-reflexia / absent reflexes

Different types of MND

- **Amyotrophic Lateral Sclerosis (ALS) 65%**
 - UMN and LMN
- **Progressive Bulbar Palsy (PBP) 25%**
 - LMNs
- **Progressive Muscular Atrophy (PMA) <10%**
 - LMN; Includes flail arm and flail leg
- **Primary lateral sclerosis (PLS) rare**
 - UMN; Slow progressing and rare
- **MND with Fronto- Temporal Dementia**

Classification (Talman and others 2009)

- **Pattern of motor neurone involvement**
- **Part of the body where the symptoms begin**



Video 1

**Andrew
Fordham**

Insights from Andrew

- **Presentation and progression**
- **Discusses the positive and negatives of the healthcare system**
- **Difficulty accepting help**
- **Importance of assistive technology**

Jean

Video

Insights from Jean

- **Presentation and progression**
- **Modifications**
- **Change in relationships**
- **Importance of a diagnosis**

Video

Kere Wooldridge

Insights from Kere

- Her presentation and progression
- Possible family history of MND
- Importance of a support group
- Education for healthcare professionals
- Motor Neurone Disease is an umbrella term that describes a group of progressive neurological diseases
- Initial presentation and rate of progression vary
- Eventual profound level of disability and loss of independence

- **Presentation individual**
- **Difficulty of making the diagnosis**
- **Insight into personal fears**
- **Importance of relationships – family or health professionals**
- **Importance of education to health professionals both within and out of the hospital setting**
- **Continuity of care of health professionals**
- **Importance of assistive technology**

- **We aim to provide individualised care from a MDT approach**
- **Get to know each persons story**
- **Anticipate changes and needs and respond to these as needed**
- **Understand spectrum of MND but each patient as an individual on their own journey**