

# MS North West Therapy Centre Bulletin



## Summer 2018 – Issue 1 Volume 2

Dear All

I hope you are all enjoying this spell of fine weather. A bit of heat is always good for the soul! So much has happened since the last bulletin – there is always something going on. I will try to give you a summary of our activities and upcoming events and if you have any news you would like to be included in the next issue, please let me know.

Kind regards  
Paula Lahiff

## Review of Services 2017

Many thanks to all who filled in the Review of Services Questionnaire for 2017. The results gave us vital information which will insure that the MS Centre is keeping up to the highest standards in all of its services into the future. We have taken note of all your comments/suggestions and these will be followed up and posted on the notice board in due course. Copies of the Review of Services Analysis are available in the waiting room or from reception.

## World MS Day 2017

**World MS Day: A Celebration** took place on 30<sup>th</sup> May in the Clayton Hotel. A committee headed up by physiotherapist Claire Smyth made sure that everything went smoothly with the able assistance of our staff both from MS Centre and Woodhaven. The speakers were excellent and we all came away with new ideas and in a relaxed frame of mind! We had a light lunch and a raffle with lots of lovely prizes. A presentation was made to Liam Hunt and Paschal Morrison for all the fundraising work they have done for the MS Centre and Woodhaven over the years. Many thanks to all who supported this

event – Sligo Co Council for giving us a grant, local businesses and friends who supplied the raffle prizes, and directors, staff and volunteers for their assistance on the day. Thank you all so much.

## MS 300 CLUB DRAW

### April

1st Prize E200 -PJ Burns  
2nd Prize E50 - Brendan Keavney  
3rd Prize E25 - Thomas Dyer  
4th Prize E25 - C. McKenna

### May

1st Prize €200 – T&M Gannon  
2nd Prize €50 - Gerry & Ann  
3rd Prize €25 - Pat Sweeney  
4th Prize €25 – S. Mulrooney

### June

1st Prize €200 – Francis Rooney  
2nd Prize €50 – Francis Healy  
3rd Prize €25 – Pat Murphy  
4th Prize €25 – Geraldine Gordon

### Congratulations to all our winners



The draw is held on the last Friday of every month in the MS Centre. **We ask that all our clients take part in the draw which is an essential part of our fundraising efforts.** All monies from

go towards providing essential and services to people with MS and neurological conditions and their

For a small donation of €10 p/month

**IS YOUR NAME  
IN THE DRUM?**

the draw supports other families. you can

be in with a chance to win prizes to the value of €300. **Is your name in the drum?** If not, please contact MS Reception for a Standing Order Form.

## FUNDRAISING EVENTS

Many thanks to everyone who held fundraising events on our behalf: Even small amounts add up and we are very grateful- so if you would like to hold a coffee morning, or a sale of work, or a community event, or just give a donation, please contact Mary Walsh on 0872367532 for information on how we can help. Here is a selection of events held over the past few months:

Coffee Morning €243.70

Flag day €1,905.25

Jam Sales €234

Easter Raffle €414

Birthday Party Donation €1,500

St Patrick's Day Hats €130

## BENBULBEN CARNIVAL

Congratulations to Conor D'Arcy and his team (with special mention to Conor and Linda McManus) for organising the Benbulben Carnival with four local charities (including the MS Centre) benefitting from ticket sales. It was a fantastic June Bank Holiday weekend of music and craic. A huge event such as this is a big undertaking with big costs, and there were many spin-off events to cover insurance, licences, hire of equipment and stage set up etc. The businesses of Sligo were generous to

a fault and we are so grateful to everyone who contributed to the carnival's success. Many thanks once again.

### **HONDA 50 RUN – John Brehony Memorial**

This run took place on 1<sup>st</sup> July with a wonderful selection of Honda 50's, 70's and 90's. Big bikes were welcome too. There were refreshments before and after the event and of course a raffle and spot prizes on the day. There was a great buzz (or should I say engine revs) as the bikes took off for their run from the Mayfly Inn. Many thanks to John Walsh and his team for organising this event and for donating the proceeds to the MS Therapy Centre.

### **UPCOMING EVENTS**

Three big fundraising events and Church Gate Collections will take place before the end of the year. More details will be posted on our Facebook page and website nearer the dates.

#### **THE LEITRIM GLENS CYCLE**

#### **The UNION CHALLENGE**

#### **THE GLENCAR LOUGH SWIM**

There will also be **CHURCH GATE COLLECTIONS** on 24/25<sup>th</sup> Sept for town churches and 28/29<sup>th</sup> Sept for county churches.

### **WELCOME TO MARY WALSH FUNDRAISING ADMINISTRATOR**

We are delighted to welcome Mary Walsh in her new part-time role as Fundraising Administrator. Many of you will know Mary from her admin position in Woodhaven and this new role will keep her very busy! She is the ideal person to represent the MS Centre at fundraising events and to assist our fundraising committee for any upcoming functions. We send her our best wishes and if you have any fundraising queries please give her a call on 087 2367532

### **PHYSIOTHERAPY**

*With many thanks to Claire Smyth, Chartered Physiotherapist, for submitting the following article.*

#### **MS and Bladder Problems**

If you have bladder problems as a result of your Multiple Sclerosis (MS), you are not alone. Bladder problems are extremely common among the general population; however the symptom is more common in people with MS. They can affect up to three quarters of people with MS.

MS-related bladder problems can happen at any stage, although they tend to be more common if you have difficulties with walking. Problems include: - inability to hold on, needing to urinate frequently,

being unable to go even though you feel the need to go, and not emptying your bladder completely when you go.

### **The Bladder:**

The bladder itself has two key functions: *storage* and *emptying*. To store and empty urine the bladder uses two main muscles- *the detrusor* (in the bladder wall) and *the sphincter* (at the outlet of the bladder). The two muscles need to work in coordination with each other so that one is relaxed while the other is contracted. When the bladder is storing urine, the detrusor is relaxed and the sphincter is contracted. When the bladder is emptying, the sphincter relaxes to open and the detrusor contracts to expel the urine.

### **Nerves:**

A nerve centre in the brain switches the bladder from storage to emptying. In MS, if lesions affect the nerve pathways in the spinal cord, causing leg weakness, this is also going to interrupt the connecting nerve pathways of the bladder.

### **Types of Bladder Problems:**

The main types are problems with storage and problems with emptying. It is not known why some people get one and not the other, or why some people get a bit of both.

### **Frequency:**

When the nerve pathways in the spine are interrupted, faulty reflexes can appear so that even a small amount of urine in the bladder causes it to contract. This is called 'detrusor over activity' which leads to over active bladder - a need to urinate frequently. This effect is known as *Frequency*.

### **Urgency:**

If the inability to 'hold on' is severe, urgency incontinence will be a problem. Medication can be highly effective in reducing the tendency for the bladder to contract, and this helps to relieve both frequency and urgency.

**Problems with Emptying:** Instead of bladder muscles being coordinated, the sphincter does not relax when the detrusor muscles contracts. This makes the flow of urine poor and interrupted, and the bladder does not always empty completely.

If your bladder isn't emptying completely you may not be able to feel it. However a sign is that you need to go to the toilet for a second time a short while later and passing similar amount of urine. It is important to test whether you are emptying your bladder completely as urine left in the bladder – known as residual volume- stimulates further bladder contractions and can add to problems of urgency and frequency and can increase your risk of developing urinary tract infections. A continence advisor can measure residual volume, usually done by using an ultrasound machine on the lower abdomen.

### **Who can help?**

Discuss any bladder related issues with your Neurologist, GP, Public Health Nurse or Physiotherapist. They can also arrange for a referral to your local Continence Advisor if you wish.

### **What can help?**

Medication

Self-Catheterisation

Botox

Nerve Stimulation

Bladder Stimulators

Pelvic Floor Exercises

Drinking Enough Water

*Source: This information has been taken from the MS Essentials Publication Managing Bladder Problems published by the MS Society UK. [www.mssociety.org.uk](http://www.mssociety.org.uk). Please refer to this document for more in-depth information.*

### **Other Reading:**

MS Ireland Publication – *What everybody should know about Incontinence.*

[www.ms-society.ie](http://www.ms-society.ie)

## **RESEARCH ARTICLE**

*With many thanks to Hannah Gordon, Chartered Physiotherapist, for submitting the following article.*

Comparing the effects of whole body vibration to standard exercise in ambulatory people with Multiple Sclerosis : A randomised controlled feasibility study

Article in Clinical Rehabilitation 1-12, July 2015; Marcin Kacper Uszynski, Helen Purtill, Alan Donnelly and Susan Coote

This article aimed to investigate if whole body vibration is more effective than the same duration and intensity of standard exercise in people with Multiple Sclerosis. It was carried out in an outpatient MS Centre. 27 people with minimal gait impairments were included in the study with 14 in the whole body vibration group and 13 in the standard exercise group. Subjects included in this study either walked without an aid, used a unilateral aid for outdoor walking (e.g. walking stick) or used a bilateral walking aid outdoors (e.g. elbow crutches). The study was carried out over a 12 week period with sessions taking place 3 times per week. Subjects in each group performed the same exercise protocol with the whole body vibration group performing exercises on a vibration plate. Exercises included squats, calf raises, lunges, one leg standing and step ups onto an aerobic step. It was found that there was no statistically significant differences between the groups in terms of strength, mobility (6 minute walk test and timed up and go), balance (Mini-BESTest) and sensation. However, this may be due to the small number of participants included in the study. It is important to note that no side effects were reported from either group.

The article can be found on the below link:

[https://www.researchgate.net/publication/280588475\\_Comparing\\_the\\_effects\\_of\\_whole-body\\_vibration\\_to\\_standard\\_exercise\\_in\\_ambulatory\\_people\\_with\\_Multiple\\_Sclerosis\\_A\\_randomised\\_contro](https://www.researchgate.net/publication/280588475_Comparing_the_effects_of_whole-body_vibration_to_standard_exercise_in_ambulatory_people_with_Multiple_Sclerosis_A_randomised_contro)

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## **ESSENTIAL SECONDS**

Essential Seconds Charity Shops in Sligo and Ballymote are a service of the MS Therapy Centre and all profits go to providing supports and services to people with Multiple Sclerosis and other neurological conditions and their families. If you are looking for children and adult clothing, bric-a-brac, or furniture (Ballymote shop only) do call in and you are sure to find just what you are looking for at the right price. A big Thank You to Vincent and his team of volunteers who give of their time to make sure you get a great welcome in the shops and assistance to get what you are looking for. Keep a look out on our Facebook page **essential seconds charity shop** for upcoming sales and new items which come into the shop on a weekly basis. We are very grateful for clothes and items in good condition, but unfortunately we are unable to accept items which are left into the MS Centre for collection due to shortage of available space. However, there are two accessible parking spaces outside the Sligo shop for your convenience.

## **WOODHAVEN**

Woodhaven is now open three weeks out of four thanks to funding from POBAL – Community Development Fund. The comments from our guests are overwhelmingly positive, and we are very proud of this state of the art holiday facility. Woodhaven is situated on the First Sea Road in Sligo half way between the picturesque village of Strandhill and Sligo town with its Italian Quarter, art galleries and cosy restaurants. It has a choice of five beautifully appointed private bedrooms all ensuite with a choice of profiling beds and overhead hoists if required. We provide 24 hour personal assistant supports from our highly skilled and qualified staff. If you or someone you know are looking for a short break in Sligo why not give Woodhaven a call on 0719154991 for more information.



## **GDPR**

MS Therapy Centre Management is putting in place guidelines for the new data protection regulations. We are now obliged to get your consent which may be verbal or in writing, before we can use your photo or send you an email telling you of upcoming events and information. Please let us know if you wish to keep receiving this bulletin by sending us an email to [admin@mstherapycentre.ie](mailto:admin@mstherapycentre.ie). Many thanks.

## **CLAIRE'S TRIP TO UGANDA**

Our Physiotherapist Claire Smyth has taken some leave and has travelled to Uganda as a Volunteer Physiotherapist with UCD Volunteers Overseas for a month from the 7th July to 5th August. She will be travelling as part of a group of 14 Allied Health Care Professionals and Students. Their role will be to give support, where needed, to the Rehabilitation Department at Kisiizi Hospital. Specific projects they are involved in include Community Based Rehabilitation Trips to rural communities, a 2-week Residential Camp for 20 Children with Cerebral Palsy and their Care Giver and Educational Workshops for the Hospital Staff and local School of Nursing. As part of their trip they will be spending time at the local school completing simple painting works and holding an inclusive sports day to incorporate the children with disabilities. We wish her good luck in this important venture, and we are looking forward to hearing about her travels in the next issue of the Bulletin.

## **VACANCY ON BOARD OF DIRECTORS**

**The MS North West Therapy Centre currently has a vacancy on its Voluntary Board of Directors.**

If you know of anyone who has skills in any or all of the following areas, and who would be interested in being nominated to a position on this dynamic and forward thinking Board, please let us know.

- Accounting
- Advocacy
- Fundraising
- Human Resources
- Marketing
- Strategy Development

*More information from Lorraine Dempsey, Operations Manager*

**I hope you enjoyed this bulletin and if you have any articles/items you would like included, please give Paula Lahiff a call on 086 3224402.**