

Additional Resources

QR codes can be scanned with your phone camera to access each website:

Saskatchewan MS Care Pathway

The SK MS Pathway webpage offers helpful information and resources to support you and your loved ones through your MS care journey.



MS Canada

The MS Canada website is another trusted source of information, resources, and support for individuals affected by MS.



Multiple Sclerosis (MS) Clinic



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Contact Information

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306-655-8203 (MS Nurse)

Hours

8:00 a.m. to 4:00 p.m. Monday to Friday



saskhealthauthority.ca

Healthy People, Healthy Saskatchewan



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Welcome to the Saskatchewan Multiple Sclerosis (MS) Clinic

The MS Clinic specializes in the diagnosis and management of Multiple Sclerosis and other neuro-inflammatory disorders. The team includes Neurologists, MS nurses, and other healthcare professionals who have specialized training and/or skills needed to provide you with the education and support you need.

In addition to the care and services we provide, many team members take part in research to improve MS care.

While Waiting For Your First Visit

Our team does our best to make your waiting time as short as possible. With the growing number of patients who require our services, wait times can vary up to 2 to 3 months. You are notified by phone or letter with the date and time of your appointment.

Preparing for Your Visit

We recommend bringing the following to your appointment:

- Someone who can support you and also listen to appointment information.
- List of symptoms you have now or had in the past.
- List of medications, supplements you are taking.
- Specialized mobility equipment or braces you may use, typical shoes you wear.
- Write down your questions.

Your First Visit

Your first visit is most often focused on diagnosing or confirming an existing diagnosis. What you can expect:

- You see a MS nurse, who reviews your medications and symptoms. They complete an assessment, which may include walking speed, vision, and any other tests your neurologist asks for, checking for any specific needs you may have. The nurse helps in coordinating your care and offering any education you require.
- You see the Neurologist, who completes a neurological exam and reviews your medical history.
- You may be scheduled to see another member of the team.
- Your visit is 60 to 90 minutes in length, depending on who you are scheduled to see.

Continued Care and Follow Up

Frequency of follow up visits depends on your individual needs and recommendations from your team. Follow up for most MS patients is once each year. However, you may contact your MS Clinic Nurse at any time with questions (see phone number on back of pamphlet).

Meet your Clinic Team

Administrative Support: Helps you book your clinic appointment.

Neurologist: Doctor specializing in the nervous system who makes the diagnosis of MS or other neuro-inflammatory diseases and identifies your treatment options.

MS Nurse: Gives support and education on diagnosis, medications and symptoms and coordinates referrals to community services.

Nurse Practitioner: Helps in managing symptoms of MS, medications, and offers education or support .

Physiatrist: Doctor specializing in physical medicine and rehabilitation. Provides treatment options to help you have the most function and quality of life.

Physical Therapist (PT): Assesses movement, strength, mobility, balance, and fatigue. Helps in dealing with the physical challenges of MS by giving suggestions such as mobility aids, assistive devices, exercises, and stretching.

Occupational Therapist (OT): Supports people to work on the everyday skills to function as independently as possible at home and at work. Offers education on managing fatigue, assistive devices (such as bath chairs, grab bars, etc.), and any cognitive challenges related to your condition.