What is the MGH ALS Multidisciplinary Clinic?

The MGH ALS Multidisciplinary Clinic is held on Tuesdays for people with ALS. This offers an opportunity for patients to see various health care providers in one clinic visit. It is our hope that this approach will provide you with the highest quality care and the least amount of inconvenience. People with ALS who participate in a multidisciplinary clinic generally report a high level of satisfaction with their care, stay healthier and live longer.

How do I schedule an appointment?
To schedule an appointment please call Irma Nieves at (617) 724-3914. She is available Monday-Friday from 9:00 am until 4:30 pm.

What do I need to bring to my appointment?
If this is your first visit you will need to bring your MGH blue card, insurance card and co-pay. Medical records and films should be submitted prior to your visit. At each visit, please bring a list of your current medications and any medication changes since your last visit.

What is a ‘blue card’?
A blue card is used to communicate your medical record number and medical information accurately and securely. You will need a blue card before your visit. New cards can be obtained from Patient Registration on the first floor of the Wang Building, next to the pharmacy.

How long is the typical visit?
We believe in highly personalized care, and different people have different needs from our clinic. Visit lengths vary depending on how many team members you see. Often, appointments last 3 to 4 hours.

Are language services available?
Yes, translation services are available. Please inform Samantha Bright, when you make your appointment, if you will need the assistance of a translator.

What disciplines are involved?
- Physician
- Nurse Practitioner
- Physical Therapist
- Speech Pathologist
- Respiratory Therapist
- Pulmonologist
- Research Staff
- Occupational Therapist

A Nurse works with each physician to help deliver care to patients, both in clinic and between visits. This nurse acts as the primary nurse for all of the patients seen by that physician. As a result, the nurse and physician work very closely as a care team to deliver care to each of their patients both in clinic and between visits.

A Physical Therapist discusses and makes suggestions to prolong mobility and function. These recommendations may include: exercises, assistive devices, adaptive equipment, and need for outpatient or homecare therapy.

A Speech Pathologist will evaluate any speech and swallowing issues that ALS might cause. She also will help to arrange for communication devices.

A Respiratory Therapist can assist in evaluating breathing concerns, educating patients and recommending supportive equipment.

Our Pulmonologist follows patients along with our Respiratory Therapist, assessing patients with both acute and chronic problems related to their ALS.

Our Research Staff is determined to increase knowledge, and advance the care available to you. They are here in our clinic to offer you opportunities to learn about, as well as participate in ongoing ALS research at MGH.

An Occupational Therapist can help people with ALS participate in as many activities as possible. Occupational Therapists work together with patients and their families to help them maintain the highest level of independence in activities of daily living (grooming, dressing, eating, toileting, bathing, etc.), along with work, community, and leisure tasks.

If you need to reach your physician at a time between 9:00 am and 4:30 pm, please call (617) 724-3914. To reach your physician after hours or for emergencies please call the page operator at (617) 726-2000.

Our clinic’s Nursing Staff coordinate your medical, nursing and therapeutic needs. They work closely with your neurologist and/or physiatrist, and they are available to take phone calls regarding health concerns.

Please feel free to contact our nurses with any questions, concerns, worries or issues related to your care. They are also available to assist you in getting refills on your medications related to your illness.

For appointments please call:
Irma Nieves | (617) 724-3914

For more information about the MGH ALS Multidisciplinary Clinic, please visit: www.massgeneral.org/als/