



# **PROGRAMME**

# DEVELOPMENT OF MULTIPLE SCLEROSIS CARE AND MANAGEMENT FOR SPECIALISTS MODULE

Accredited by Birmingham City University (20 Credits at Level 6 or 7)

23 – 27 January 2023

The Cromwell Hotel Stevenage SG1 3AZ

# Monday 23 January 2023

#### 08:30 Welcome and introductions

Tania Burge, Head of Health Professionals Programmes, MS Trust

#### 09:30 Overview of the MS Trust

David Martin, CEO, MS Trust

# 10:00 MS Trust resources to help you meet the challenges and celebrate the opportunities of working in MS

Claire Winchester, Head of Information and Engagement and Claire Gambrell, Fundraising Manager – Events, Community & Trading, MS Trust

# **Learning Outcomes.** After this session you will:

- have considered which MS Trust resources, programmes and events are most useful in developing your service or practice
- understand the role of the MS Trust information and engagement team
- have knowledge of the resources available from the MS Trust for people with MS
- understand the opportunities for you and your patients to become part of the MS Trust community

#### 10:30 Break

#### 11:00 What is MS? An up-to-date viewpoint

Tania Burge, Head of Health Professionals Programmes, MS Trust

# **Learning Outcomes.** After this session you will be able to:

- consider the epidemiological data relating to MS
- understand the factors which influence development and progression of MS
- discuss the possibility of familial links
- have an overview of the latest updates in MS

# 12:00 Lunch

#### 13:00 A revision of neurophysiology (including refreshment break)

Dr Patricia Fell, Associate Professor (Learning and Teaching), Birmingham City University

#### **Learning Outcomes.** After this session you will be able to:

- demonstrate a functional understanding of the central nervous system
- describe the functional anatomy of neurons and the role of myelin in aiding conductivity

## 15:00 Living with MS

Liz Thomson, Expert Patient

#### **Learning Outcomes.** At the end of this session you will have:

- reflected on the impact of a diagnosis upon an individual and their family
- reflected on the different experiences' individuals may have when following the same pathway

#### 15:45 Reviewing assignment topics and plans

Tania Burge, Head of Health Professionals Programmes, MS Trust and Amanda Andrews, Senior Lecturer Partnership Development and Support, Birmingham City University

#### 16:45 Close

#### 19:00 Welcome dinner

Bourchier Suite, Cromwell Hotel

# Tuesday 24 January 2023

# 08:30 Understanding immunology

Dr Tim Harrower, Consultant Neurologist, Clinical Lead for Physiology, Speciality Lead for Neurology Research, University of Exeter

#### **Learning Outcomes.** After this session you will be able to:

- demonstrate a functional understanding of the immune system in relation to MS
- outline the major components of the immune system
- understanding basic MS immunopathology
- explain the key modes of action of disease modifying drugs

#### 09:30 Tutorials

For those submitting an assignment at Level 6

# 10:30 Break

#### 10:45 Interpreting results of blood monitoring for pwMS on DMDs

Dr Mara Sittampalam, Consultant Neurologist, Luton and Dunstable University Hospital NHS Foundation Trust

## **Learning Outcomes.** After this session you will:

- understand why different DMDs require different blood monitoring regimes
- feel confident to identify test results which require urgent action
- understand the relative risks to people with MS of missing scheduled blood monitoring appointments
- understand the recommendations for and impact of various vaccinations

#### 12:30 Lunch

Including Tutorials for those submitting an assignment at Level 7

#### 13:30 Advanced MS

Tania Burge, Head of Health Professionals Programmes, MS Trust and Nicola Hyslop, Advanced MS Champion, North Cumbria NHS Foundation Trust

#### **Learning Outcomes.** After this session you will be able to:

- describe the impact of advanced MS on individuals and their loved ones
- explain the role of the MS specialist in caring for and supporting pwAMS and their carers
- understand when to refer someone with AMS to other specialist services
- describe the type of symptoms someone with AMS will have and understand how and who can help to better manage those symptoms

#### 15:30 Break

#### 15:45 Fatigue management for people with MS

Susan Hourihan, National Hospital for Neurology and Neurosurgery, London

# **Learning Outcomes.** After this session you will be able to:

- understand the possible cause of fatigue as a symptom of MS
- consider the impact of fatigue upon the working and home lives of people with MS
- discuss the role of health professionals in helping people to manage fatigue, incorporating the notion of fatigue management programmes
- understand some possible strategies for managing fatigue

#### 17:30 Close

Free evening

# Wednesday 25 January 2023

#### 09:00 Understanding and managing spasticity

Katrina Buchanan, Consultant Physiotherapist, The National Hospital for Neurology and Neurosurgery, London

# **Learning Outcomes.** After this session you will:

- be able to explain current thinking about the nature of spasticity and the effects it can have on people with MS
- understand the potential ways in which people with MS can manage their spasticity
- be able to detail the pathway for managing spasticity if it starts to become problematic and describe appropriate referral routes
- understand the role the MDT in spasticity assessment and management; identify available treatment options and their suitability depending on the individual's level of spasticity

#### 10:30 Break

#### 11:00 Palliative care issues in MS

Dr Ruth Isherwood, Consultant in Palliative Medicine and Training Programme Director for Palliative Medicine (Scotland) and Catherine Kelly, Nurse Specialist in Palliative Care, Strathcarron Hospice, Denny

#### **Learning Outcomes.** After this session you will:

- recognise the need for, and role of palliative care for people with MS
- identify issues related to advanced MS
- understand approaches to complex symptom management
- be able to develop strategies to support end of life decision making

# 12:30 Lunch

#### 13:30 Pain management in MS

Katherine Dyer, Lead Nurse/Matron, Pain Management Service, Norfolk & Norwich University Hospital NHS Trust

#### **Learning Outcomes.** After this session you will:

- have gained knowledge of the pathology and classification of pain
- understand the types of pain commonly experienced by people with MS
- be able to consider the impact of pain on the lives of people with MS
- be able to discuss current treatment options for the different types of pain in MS
- have an overview of emerging theories/research on mechanisms and management of pain

#### 16:00 Break

# 16:30 Wellbeing sessions

Mindfulness – Jennie Warder Yoga – Jody Barber, Consultant Physiotherapist, The National Hospital for Neurology and Neurosurgery, London Self-led exercise

#### 18:00 Close

Free evening

# Thursday 26 January 2023

#### 09:00 Cognitive problems in MS

Dr Anita Rose, Consultant Clinical Neuropsychologist, South Newton Hospital, Wiltshire

#### **Learning Outcomes.** After this session you will:

- understand the pathology and prevalence of cognitive deficits in MS
- appreciate the impact of cognitive impairment on people with MS, their carers and their families
- know what screening assessments might be helpful
- know some possible strategies for dealing with cognitive impairments
- understand the pathology and prevalence of mood issues in MS
- be provided with tools to help recognise and assess mood issues

#### 11:00 Break

### 11:15 Managing relapse and the acute deterioration of symptoms

Noreen Barker, MS Nurse Consultant, The National Hospital for Neurology and Neurosurgery, London

#### **Learning Outcomes.** After this session you will:

- understand the definition of relapse and key moderating/mediating risk factors
- understand principles of managing relapse and use of steroid therapy
- understand the key elements of effective service model for managing acute episodes

#### 12:45 Lunch

Drop-in assignment clinic with tutors

#### 13:45 MS, sex and sexuality

Lesley Catterall and Denise Middleton, MS Clinical Specialists, Milton Keynes Community Health Services

#### **Learning Outcomes.** After this session you will be able to:

- describe sexual dysfunction as experienced by those affected by MS
- identify a structure/framework you could adopt when assessing and managing sexual issues
- develop 'comfortable' ways of communicating with patients about issues of sexuality and sexual dysfunction
- discuss how to manage some of the sexual difficulties people with MS may experience

#### 15:15 Break

#### 15:30 Bladder and bowel issues in MS

Noreen Barker, MS Nurse Consultant, The National Hospital for Neurology and Neurosurgery, London

#### **Learning Outcomes.** After this session you will be able to:

- describe the different bladder problems that can be associated with MS and how these might be identified and treated
- discuss the different problems people with MS may have with bowel function and how these can be managed

# 17:30 End of course drink

**Cromwell Bar** 

# 18:00 Close

Free evening

#### Friday 27 January 2023

#### 9:00 Critiquing evidence

Paru Naik, Director of Health Professional Programmes, and Tania Burge, Head of Health Professionals Programmes, MS Trust

#### **Learning Outcomes.** After this session you will:

- be able to review and critique clinical trial and review articles
- understand the tools available to support you when critiquing evidence
- review your success with critiquing a 'test' publication

# 10:00 Business planning workshop

Paru Naik, Director of Health Professional Programmes and Tania Burge, Head of Health Professionals Programmes, MS Trust

#### **Learning Outcomes.** After this session you will:

- understand the key components of a business case
- be aware of the resources and people available to help them write a business case
- understand how to frame a successful business case through review of best practice examples

#### 11:00 Break

# 11:15 Becoming a confident MS Specialist

Dr Lou Jarrett, MS Clinical Nurse Specialist, Honorary Lecturer Plymouth University, Royal Devon Eastern Services and Jody Barber, Consultant Physiotherapist, The National Hospital for Neurology and Neurosurgery, London

#### Learning Outcomes. After this session you will:

- have considered the current NHS context for MS specialist practice
- be aware of the evidence available regarding the value and impact of MS specialist nursing
- have considered how you will begin to implement your learning from this week
- will have a better understanding of how you move from novice to specialist in your role as an MS Specialist

#### 12:15 Looking after yourself

Professor Derek Willis, Medical Director and Lead Consultant, Severn Hospice, Telford

# Learning Outcomes. After this session you will:

- have considered strategies to support your wellbeing
- be ready to head off and continue your success as an MS specialist

# 13:00 Round up of the week

Tania Burge, Head of Health Professionals Programmes, MS Trust

#### **13:15** Close (a packed lunch will be available to take away)