

## MS Trust Annual Conference 2018

### LEARNING OUTCOMES

#### SUNDAY 4 NOVEMBER

##### **OPENING PLENARY SESSION**

##### **Promoting health and well-being for pwMS**

At the end of this plenary session delegates will be able to:

- *Explain to other health and social care professionals strategies that can be used to help pwMS improve their health and well-being*
- *Discuss with pwMS and their families targeted ways in which they can improve their health and well-being*
- *Understand how targeting health and well-being can improve outcomes for pwMS*

#### MONDAY 5 NOVEMBER

##### **CONCURRENT SEMINAR SESSION 1**

At the end of these seminar sessions delegates will be able to:

##### **MRI workshop**

- *Understand when and why the most common types of MRI scans are used*
- *Identify abnormalities on MRI scans which are typical of MS*
- *Discuss the limitations of MRI scanning in routine clinical practice*

##### **Leadership for MS specialists**

- *Understand the evolution of the MS Specialist role and identify key current issues such as succession planning*
- *Identify what a leadership role would deliver for them and their service*
- *Discuss the key challenges to delivering leadership in MS and identify some potential solutions*
- *Understand 'imposter syndrome' and how this might relate to them or their colleagues*

##### **Providing support to families and children of pwMS**

- *Have a better understanding of the needs of children and families of pwMS*
- *Identify ways in which they/their service could better meet the needs of families of pwMS*
- *Gain a greater awareness of resources that are available to support families of pwMS*

##### **Bladder and bowel management**

- *Describe the impact of MS on bladder and bowel function*
- *Identify practical ways in which they can better support people with bladder and/or bowel dysfunction*
- *Have better understanding of the resources available to support pwMS experiencing bladder or bowel dysfunction*

### Use of standing frames in advanced MS

- *Describe current research into the use of standing frames*
- *Identify new equipment (or new uses for familiar equipment) which may helpful to them in their work with pwMS*
- *Gain a greater awareness of resources that are available to support them in their work with pwMS*

### CONCURRENT SEMINAR SESSION 2

At the end of these seminar sessions delegates will be able to:

#### Practical aspects of exercise and fatigue

- *Understand how exercise can benefit pwMS*
- *Identify the challenges pwMS face in accessing exercise regimes*
- *Understand how they can support pwMS to undertake more exercise*

#### Diagnosing a relapse

- *Understand the complexities involved in diagnosing a relapse*
- *Identify practical ways in which they can improve their practice in this area*
- *Gain a greater understanding of the resources available to support them in developing their skills and expertise in diagnosing relapse*

#### Immunology workshop

- *List the key components of the immune system as they relate to MS and outline their function*
- *Relate function of the immune system to inflammatory activity seen in active MS*
- *Describe the impact of different medication(s) on the immune system in pwMS*

#### Delivering symptom management as part of a MDT

- *Define multi-disciplinary working and explain how this relates to their role/service*
- *Identify how they can work more effectively with other local services to deliver improved care to pwMS*

#### A masterclass in the management of spasticity

- *Describe expert practise in spasticity management*
- *Identify ways in which they can deliver expert care to pwMS who have complex spasticity problems*

### PLENARY SESSION

At the end of this plenary session delegates will be able to:

#### Update on the statins MS-STAT2 trial

- *Provide an overview of the MS-STAT2 trial to colleagues and pwMS*
- *Identify pwMS who may be suitable to join the MS-STAT2 trial and know how to facilitate this*

#### Stem cell treatment

- *Explain to pwMS what stem cell treatment entails*
- *Discuss the benefit risk ratio of stem cell treatment with pwMS*
- *Understand what constitutes a safe provider of stem cell treatments for pwMS*

### Managing respiratory function in advanced MS

- *Describe the potential impact of MS on respiratory function*
- *Identify ways in which they can improve their practice to better manage/prevent respiratory symptoms in MS*
- *Gain a greater understanding of the resources available to help them support pwMS experiencing respiratory symptoms*

### TUESDAY 6 NOVEMBER

#### CONCURRENT SEMINAR SESSION 3

At the end of these seminar sessions delegates will be able to:

##### Pain Management

- *Describe the pathological mechanisms underlying neuropathic pain*
- *Understand which medications can be helpful in managing neuropathic pain in MS and outline the pharmacology of each*
- *Identify ways in which they can enhance their practice to improve management of neuropathic pain in their caseload*

##### End of life care

- *Understand when and how advanced care plans and advanced directives should be used and implement this with pwMS on their case load*
- *Identify practical ways in which they can support pwMS and their families in the end stage of the disease*

##### Management of complex drugs

- *Identify the potentially serious complications which can arise from taking different DMDs*
- *Understand the rational for the different monitoring regimes and identify early warning signs that complications associated with a DMD may be developing*
- *Discuss the barriers and challenges that exist within services which can impact on the management of complex DMDs in MS and identify local solutions to some of these*

##### Management of functional overlay

- *Define and explain functional overlay*
- *Describe the key triggers for functional overlay and outline the needs of pwMS who are experiencing functional overlay*
- *Identify ways in which they can enhance their practice to improve management of pwMS who experience functional overlay on their case load*

##### Falls prevention

- *Outline the main causes of falls in MS*
- *Understand the impact that the risk of falling has on individuals*
- *Identify ways in which they can improve their management of pwMS who are at risk of falling*

## CLOSING PLENARY SESSION

### Sexual dysfunction in men and women/Loving and living with MS

At the end of this plenary session delegates will be able to:

- *Feel confident about asking pwMS on their case load whether they are experiencing sexual dysfunction*
- *Identify strategies they can suggest to help pwMS manage the symptoms of sexual dysfunction more effectively*