

MS Trust Annual Conference 2019

LEARNING OUTCOMES

SUNDAY 3 NOVEMBER

OPENING PLENARY SESSION

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

- *describe the relationship between vitamin D levels and MS*
- *advise pwMS on the relationship between food and fatigue*
- *answer questions from pwMS on the relationship between gut microbiomes and MS*
- *advise pwMS on how to follow a healthy diet and the impact this will have*

MONDAY 4 NOVEMBER

CONCURRENT SEMINAR SESSION 1

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

The pregnancy year – implementing a MS pregnancy service

- *explain to a woman with MS how pregnancy might impact on their MS*
- *understand how to manage medications relating to MS during pregnancy and breast feeding*
- *describe the needs of pwMS throughout the pregnancy year and understand how they can adapt their service to better meet these needs*
- *establish links with local Obstetric teams*

Management of ataxia: a masterclass

- *understand the physiological mechanisms that cause ataxia in people with MS*
- *understand the different types of ataxia in people with MS*
- *understand the evidence concerning the treatment and management of ataxia in MS and similar conditions*
- *understand the importance of restorative and compensatory interventions in the management of ataxia*
- *identify resources available to health care professionals and people with MS*

Helping pwMS to stay in work and to leave work well

- *identify interventions which can help pwMS stay in work*
- *support pwMS to know when it is right for them to leave work*
- *identify interventions that can help pwMS leave work positively*

Understanding PIP

- *understand the impact of PIP assessments on people living with MS*
- *know where they can signpost pwMS for more help with PIP assessments*
- *identify how they can support pwMS applying for PIP in a time efficient way*

A practical guide to stopping disease modifying therapy

- *identify pwMS who may need to stop DMD treatment*
- *understand the impact of stopping DMDs on pwMS*
- *identify what support they can offer pwMS once they have come off treatment*

CONCURRENT SEMINAR SESSION 2

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

A masterclass on the management of vestibular and balance disorders in MS

- *identify common causes of dizziness in people with MS*
- *give rationale for appropriate evaluation procedures*
- *recognise and manage Benign Paroxysmal Positional Vertigo (BPPV)*
- *formulate and give rationale for a vestibular rehabilitation programme in someone with MS*

Bloods - why monitoring is important?

- *identify different tools and resources which can help track monitoring of pwMS on DMDs*
- *describe 'red flags' which may arise from monitoring and what to do about these*

Using FES to improve bladder and bowel function

- *explain the principles of FES*
- *understand how FES can be used in clinical practice to better manage bladder and bowel symptoms*
- *know how to support pwMS to access FES*

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*

When to start talking about PEGs in the context of advance care planning

**Please note this session does not aim to cover any of the medical issues inherent in fitting PEGs but is focused on the decision making process within the context of advanced care planning*

- *identify pwAMS who may benefit from a PEG and understand what may be involved in the decision making process*
- *consider PEG feeding in the context of advance care planning for each individual pwAMS*
- *feel confident to open a discussion with the pwAMS about the option of a PEG and the implications for them and their family*

PLENARY SESSION

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

MST Update

- *describe the impact of an AMS Champion on pwAMS*
- *understand how the Specialist Nurse Programme is helping MS teams to address unmet need*

Managing Pregnancy in MS

- *understand the importance of pre-pregnancy counselling*
- *know where to find out how to manage medications during pregnancy*
- *establish links with local Obstetric teams*

Impact of gynaecological problems on sexual dysfunction

- *describe how gynaecological problems can impact on sexual dysfunction*
- *feel confident that they can ask pwMS relevant questions to identify these issues*
- *understand who they can refer pwMS to for help with gynaecological issues*

TUESDAY 5 NOVEMBER

CONCURRENT SEMINAR SESSION 3

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

Looking after yourself, a workshop on self-care

- *identify when they or colleagues are stressed*
- *understand the impact chronic stress can have on themselves and/or colleagues*
- *describe interventions that can be used to facilitate self-care*

A masterclass on optimising gait

- *awaiting learning outcomes*

Cannabis - The good, the bad and the ugly

- *identify which pwMS may benefit from cannabis*
- *explain how pwMS can access cannabis legally and support those who cannot*
- *advise pwMS who source their own cannabis on how to stay safe*

Keeping pwAMS moving

- *explain the importance of correct positioning in pwAMS*
- *identify the ways in which both passive and active movement can benefit pwAMS*
- *teach carers simple exercises which will benefit pwAMS*

Demonstrating your value to managers/commissioners

- *describe how their service is funded locally*
- *quantify the impact of their role on pwMS*
- *identify the extent of unmet need in their service*

CLOSING PLENARY SESSION

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

Sleeping well with MS

- *Understand the difference between sleep deprivation and fatigue*
- *Describe the impact of lack of sleep*
- *Identify 3 ways in which sleep can be improved*

Advanced Care Planning in MS

- *understand the benefit of having an Advanced Care Plan*
- *explain the steps required in developing an Advanced Care Plan*
- *open a conversation with pwAMS around writing an Advanced Care Plan*