PROGRAMME

DEVELOPMENT OF MULTIPLE SCLEROSIS CARE AND MANAGEMENT FOR SPECIALISTS

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

Monday 7 – Friday 11 October 2019

The Cromwell Hotel
High Street, Old Town, Stevenage SG1 3AZ
MONDAY 7 OCTOBER 2019

8:45 Welcome and introduction; overview of the MS Trust
David Martin, CEO, MS Trust

9:30 What is MS?
Megan Roberts, Health Professional Programmes Manager, MS Trust

**Learning Outcomes. At the end of this session you will be able to:**
- describe the ‘types’ of MS and how diagnosed
- consider the epidemiological data relating to MS
- understand the clinical process of the development of MS
- discuss the possibility of familial links

10:30 Refreshments

11:00 A revision of neurophysiology
Dr Patricia Fell, Associate Professor (Learning and Teaching), Birmingham City University

**Learning Outcomes. At the end of 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

13:00 Lunch

14:00 Understanding immunology
Dr Matt Craner, Consultant Neurologist, Frimley Park Hospital

**Learning Outcomes. At the end of this session you will be able to:**
- demonstrate a functional understanding of the immune system in relation to MS
- discuss the diagnosis of MS, and demonstrate an awareness of differential diagnoses

15:30 Refreshments

15:45 Interpreting results of blood monitoring for pwMS on DMDs
Dr Matt Craner

**Learning Outcomes. At the end of 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 pwMS of missing scheduled blood monitoring appointments

17:00 Close

19:00 Welcome dinner – Rump and Wade Restaurant, Cromwell Hotel
Planning your assignment and introduction to MOODLE
Megan Roberts, Health Professional Programmes Manager, MS Trust and Amanda Andrews, Senior Teaching Fellow, Birmingham City University

10.00 Refreshments

10:30 Advanced MS
Lindsay Lord, Advanced MS Champion, Salford Royal NHS Foundation Trust

Learning Outcomes. At the end of 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

12:00 Lunch

13:00 Fatigue management for people with MS
Fiona Roberts, MS Specialist Occupational Therapist, The Walton Centre, Liverpool

Learning Outcomes. At the end of 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

14:30 Refreshments

14:45 Bladder and bowel issues in MS
Christine Rigozzi, MS Lead Nurse, John Radcliffe Hospital, Oxford

Learning Outcomes. At the end of 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

16:15 Planning your assignment - group tutorials
Megan Roberts

Evening at leisure
9:00 Neuropsychiatric issues in MS
Dr Anita Rose, Consultant Clinical Neuropsychologist, The Raphael Medical Centre, Tonbridge

**Learning Outcomes.** At the end of this session you will:
- know what neuropsychiatric issues in MS need to be considered
- 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 and have learnt how to use one of the measures
- 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
- be provided with the opportunity to practice asking difficult questions
- feel more confident about asking direct questions in particular about suicide thinking

12:00 Lunch

13:00 Pain management in MS
Katherine Dyer, Lead Nurse, Pain Management Service, Norfolk & Norwich University Hospital NHS Trust

**Learning Outcomes.** At the end of this session you will:
- have gained knowledge of the pathology and classification of pain
- be able to 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 the current treatment options for the different types of pain in MS
- have an overview of emerging theories/research on mechanisms and management of pain

14:30 Refreshments

15:00 An overview of paediatric MS and transition to adult services
Dr Cheryl Hemingway, Paediatric Neurologist, Great Ormond Street Hospital for Children, London and Dr Wallace Brownlee, Consultant Neurologist, The National Hospital for Neurology and Neurosurgery, London

**Learning Outcomes.** At the end of this session you will be able to:
- understand some of the differences in presentation and course between paediatric and adult MS
- have some idea of the common mimics of MS in paediatric onset white matter disorders
- highlight the importance of good transition models for young people with MS to adult services

16:30 Close

Evening at leisure
8:30 Managing relapse and the acute deterioration of symptoms
Karen Vernon, MS Nurse Consultant, Salford Royal NHS Foundation Trust
Learning Outcomes. At the end of 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

10:15 Refreshments

10:30 UKMSSNA – Our mission, purpose and benefits of being a member
Karen Vernon

11:00 Understanding and managing spasticity
Dr Val Stevenson, Consultant Neurologist, The National Hospital for Neurology and Neurosurgery, London
Learning Outcomes. At the end of 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
- detail the pathway for managing spasticity if it starts to become problematic and describe appropriate referral routes
- communicate the role of all members of the MDT in spasticity assessment and management; identify available treatment options and their suitability depending on the individual’s level of spasticity

12:30 Lunch

13:30 Palliative care issues in MS
Dr Ruth Isherwood, Consultant in Palliative Medicine and Catherine Kelly, Nurse Specialist in Palliative Care, Strathcarron Hospice, Denny
Learning Outcomes. At the end of this session you will be able to:
- 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
- develop strategies to support end of life decision making

15:00 Refreshments

15:30 MS, sex and sexuality
Lesley Catterall and Denise Middleton, MS Clinical Specialists, Milton Keynes Community Health Services
Learning Outcomes. At the end of 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 with the person with MS how to manage some of the sexual difficulties they experience

17:00 Close
19:30 End of course dinner
FRIDAY 11 OCTOBER 2019

9:00 Working as a health professional in MS – the challenges and opportunities
Mary Fraser, Lead MS Specialist Nurse, Addenbrookes Hospital, Cambridge

Learning Outcomes. At the end of this session you will have:
• an understanding of the role of the MS specialist health professional in addressing challenges
• considered the role of the MS specialist health professional to network and share examples of best practice

9:45 RRMS: a personal perspective
Liz Thompson, 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

11:15 Refreshments

11:30 MS Trust resources to help you meet the challenges and celebrate the opportunities of working in MS
Megan Roberts, Health Professional Programmes Manager, MS Trust and Claire Winchester, Content & Engagement Manager, MS Trust

Learning Outcomes. At the end of 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 which MS Trust resources are most useful to them in developing their service or practice
• understand the role of the MS Trust information team
• have knowledge of the resources produced by the MS Trust for people with MS

12:30 Summary and Close