21st MS TRUST ANNUAL CONFERENCE
12 – 14 November 2017

LEARNING OUTCOMES

SUNDAY 12 NOVEMBER

Plenary sessions

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

Celebrating 21 years of working together and Looking to the future – the next 21 years

- *describe the advances in care and the development of MS specialist HCPs over the last 21 years*
- *appreciate the role the MS Trust has played in the development of services for pwMS over the last 21 years*
- *recognise the value of the partnership between the MS Trust and MS health professionals in delivering the best care possible*
- *understand how the care for pwMS might change in the future*
- *describe how these changes may influence the care they provide*

MONDAY 13 NOVEMBER

Concurrent seminar sessions 1

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

Posture and positioning in MS

- *explain the importance of correct posture and positioning in MS*
- *understand how to assess the posture and positioning of pwMS*
- *describe how poor posture and/or positioning can be improved*

Sharing best practice – practical examples from 4 AHPs

- *identify examples of best practice which they can implement or share locally*
- *understand how they can share their own examples of innovative practice*

Managing risks in progressive MS

- *describe the risks which can be associated with facilitating independence in people with severe MS*
- *discuss the issues raised by pwMS when making a decision about their care which the HCP may disagree with*
- *understand how to reconcile risk with the well-being of the pwMS*

Ethics and palliative care

- *gain an understanding of the legal framework for decision making at the end of life*
- *explore the key ethical issues in palliative care*
- *gain knowledge of providing support to people wishing to write advance care plans*
- *gain an understanding of capacity and best interests within palliative care*

The impact of gynaecological problems on sexual dysfunction

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

Concurrent seminar sessions 2

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

Effective and efficient DMD Monitoring

- *describe the components of an effective DMD monitoring service*
- *discuss the challenges in running an effective monitoring service*
- *identify tips they can implement within their service to make that more effective and efficient*

Understanding MS and mental health

- *understand the aetiology, assessment and treatment of depression and anxiety in people with MS*
- *gain knowledge of mental health disorders that can occur secondary to MS and understand and assess the risk of suicide*
- *distinguish mental health problems from difficulties with cognition and social cognition and recognise how all these problems impact on families*
- *identify ways to support people with MS and learn how to contribute to the prevention of mental health symptoms*
- *recognise my mental health needs as a practitioner*
- *learn about one of the third wave models of CBT*

Looking after yourself and preventing burnout

- *describe the warning signs of potential burn out*
- *explain the causes of burn out*
- *describe strategies that can be implemented to prevent and manage burn out in themselves and colleagues*

Driving with a disability

- *discuss current legislation in relation to pwMS who wish to drive*
- *understand how pwMS are assessed as being fit to drive*
- *identify how they can support pwMS going through the assessment process*

Self-management support in neurological conditions

- *describe the principles of self-management*
- *discuss how self-management can improve outcomes for pwMS*
- *identify techniques they can implement into their own practice which support pwMS to self-manage*

Plenary sessions

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

Strategies to prevent and manage the complications of high risk drugs

- *identify the potentially more serious risks associated with DMDs*
- *describe the strategies used to prevent and avoid complications*
- *describe how these complications may present*
- *describe the management of pwMS who develop serious complications as a result of DMD treatment*

Communicating risk to people with MS

- *discuss the issues related to explaining risk to pwMS*
- *identify ways in which they can more effectively communicate risk*
- *understand latest research on communicating complex issues to pwMS*

TUESDAY 14 NOVEMBER

Concurrent seminar sessions 3

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

Meeting the needs of people with advanced MS

- *identify the characteristics of someone with advanced MS*
- *discuss how the needs of pw advanced MS differ from other pwMS*
- *describe how joint working can help to meet the needs of pw advanced MS*
- *identify ways they can improve their own service to better meet the needs of pw advanced MS*

Which interventions are effective in reducing fatigue in MS?

- *describe the characteristics of MS fatigue*
- *discuss interventions based on exercise and behaviour change which can help to manage fatigue*
- *identify how they can implement this into their practice*

Managing difficult conversations

- *identify how cognitive symptoms, stress and low mood can impact people's ability to take in information*
- *describe situations which can arise that people living with MS and HCPs find difficult to discuss*
- *identify and implement techniques which will help them to have difficult conversations with people with MS*

An introduction to DMDs for nurses and AHPs

- *identify the characteristics of people who may be eligible for DMDs*
- *discuss how DMDs can help pwMS*
- *understand how to refer pwMS who may require review of DMD management within their local networks*

Models of good practice (practical examples from 4 specialists)

- *identify examples of best practice which they can implement or share locally*
- *understand how they can share their own examples of innovative practice*

Helen Ley Closing Plenary

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

Drugs on the horizon - new and emerging drugs for progressive MS

- *identify current and potential treatments for pw progressive MS*
- *discuss the pros and cons of DMD treatment for pw progressive MS*
- *understand who may be eligible for treatment*

Improving the quality of life of people with advanced MS

- *discuss developments in care and treatment for pw advanced MS*
- *describe techniques which can be used to improve care for pw advanced MS*