

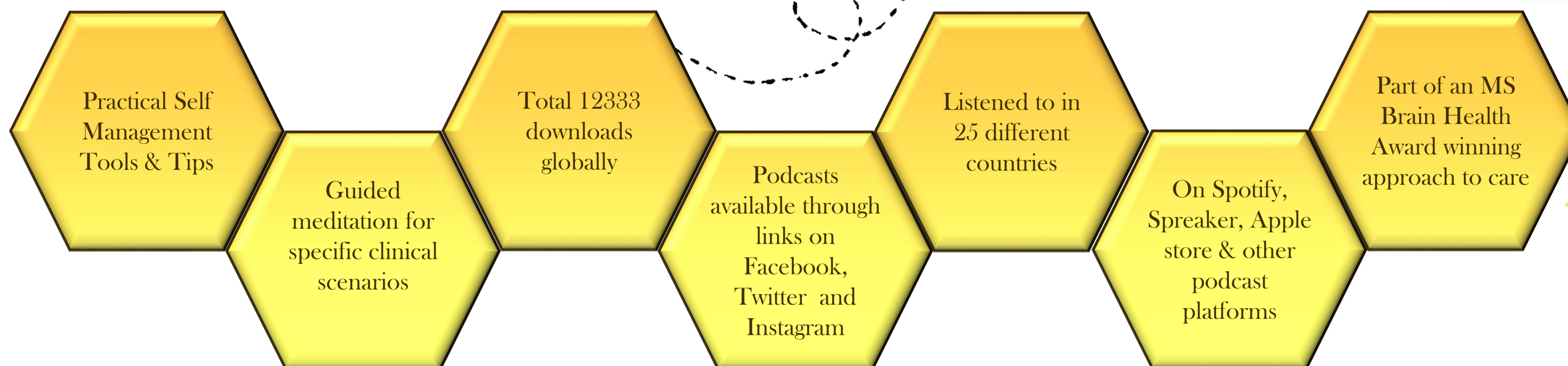
BeeWellwithMS

The science and wellbeing podcast for people with MS

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Introduction:

Welcome to BeeWellwithMS, an evidence based podcast for patients with MS. The podcast focuses on all aspects of MS including but not limited to brain health, wellbeing, science and technology. This is conducted through interviews with experts in the field as well as community participation.



Background:

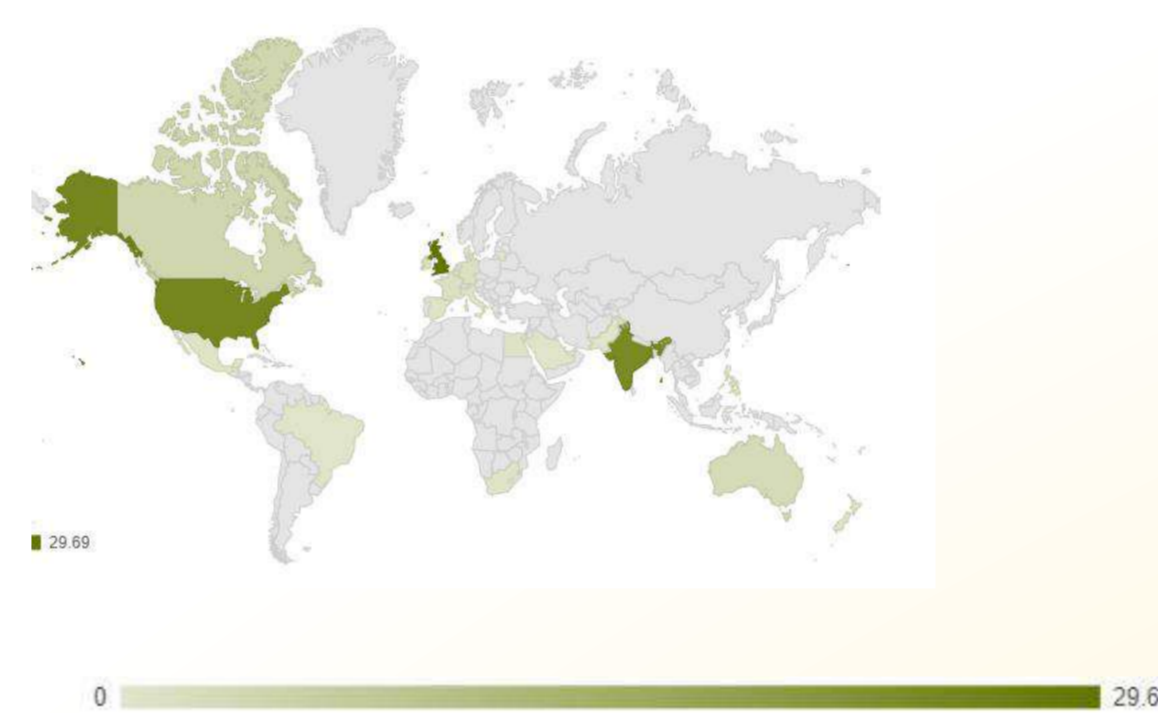
Living with multiple sclerosis (MS) can be a daunting and challenging experience. However, it's important to know that with the right knowledge, resources, and support, individuals living with MS can take control of their condition and maximize their brain health and overall well-being. Beewellwithms aims to share information and self management strategies from both a scientific perspective and lived experience. The podcasts discuss aspects of brain health including how our brain works, living day to day with MS and the connection with our thinking as well as emotional, physical and general health. The bee symbolises hard work and a sense of community. They are always buzzing with activity and are very brainy social creatures.

The podcasts started in July 2020 in the midst of the pandemic when MS services became reconfigured and PwMS required more support. The initial guests have all been professionals from the world of MS but there are plans to get more PwMS involved. The episodes have a mix of guided meditation exercises and guest speakers who are experts in their unique areas of MS.

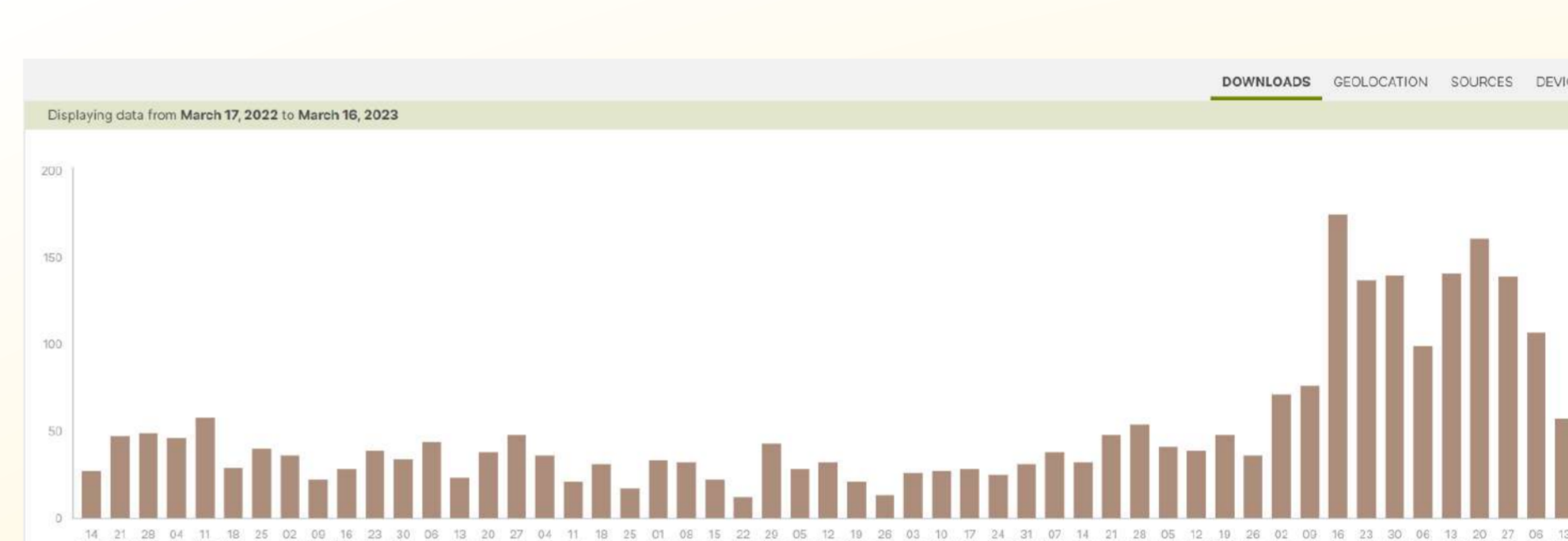
Aim:

To enable MS patients to better understand and manage their condition based on evidence based information to maximise brain health and wellbeing. Together, we can work towards a future where MS is not a barrier to living a fulfilling life.

Geolocation of listeners:



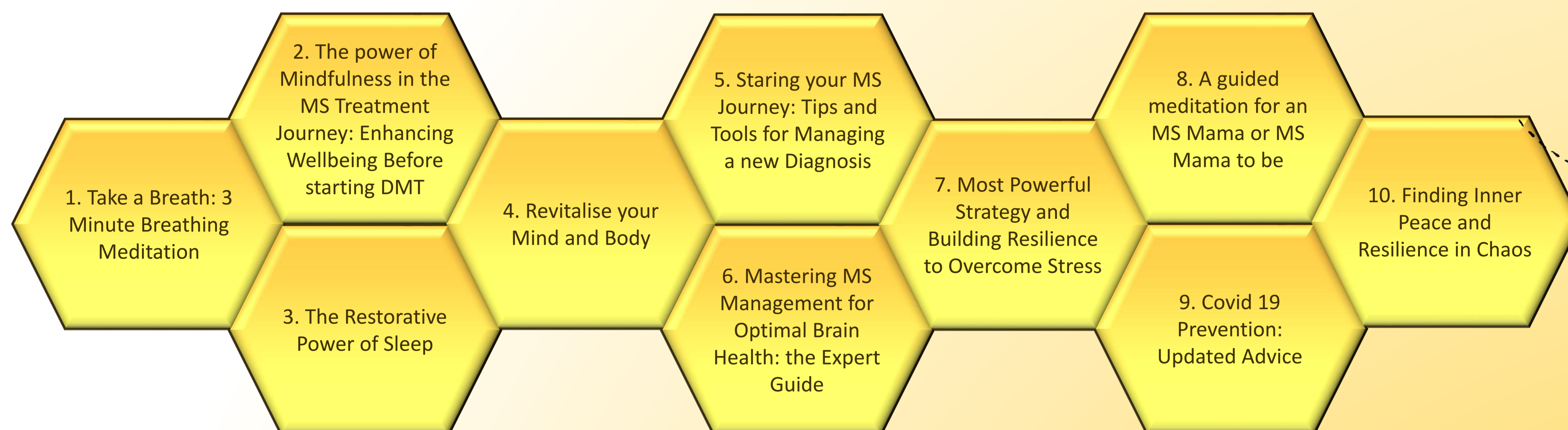
Increasing downloads of the episodes over the last 12 months:



Approach:

- Providing reliable & trustworthy information sharing expert advice and insights from healthcare professionals who specialize in treating MS.
- A diversity of perspectives inviting guests with different backgrounds and experiences, and provides a wealth of knowledge and insights
- Puts the emphasis on the MS community by bringing together PwMS and experts and using Community feedback on relevant topics.
- Uses a breadth of platforms to maximise exposure and accessibility

Top Ten Podcasts dated August 22 - February 23:



Conclusion:

From listener feedback, BewellwithMS is:

- EDUCATIONAL: providing valuable information about MS, how to manage it, leading to better understanding their condition and make more informed decisions about their health.
- SUPPORTIVE: offers a sense of community & support for those feeling isolated or overwhelmed
- INSPIRATIONAL: features stories of people with MS who have overcome obstacles and achieved great things
- CONVENIENT: accessible and can be listened to at any time, anywhere

Find Out More:



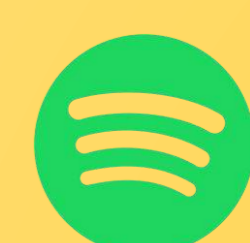
#beewellwithms



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#BeeWellwithms



References:

- Dobson R, et al (2022) Social determinants of health in multiple sclerosis Nature Reviews Neurology 19 723-734
- Mikula P et al (2021) Self-management, self-esteem and their associations with psychological well-being in people with multiple sclerosis Multiple Sclerosis and related disorders 53 Aug 103069
- Wills et al (2022) Understanding lifestyle self-management regimens that improve the life quality of people living with multiple sclerosis: a systematic review and meta-analysis Health and Quality of Life Outcomes 20 153

Acknowledgements: All those who have participated in the podcasts and those who have listened.