

MS Trust Conference Programme

Sunday 17 – Tuesday 19 March 2024



Programme title: Consultations in Practice: Every Contact Counts

Sunday 17 March 2024

- 10:00** Registration and opening of conference exhibition
- 10:15–11:00** New nurse workshop - UKMSSNA
10:15-11:00 New therapists meet and greet – Therapists in MS (TiMS)
- 11:00-12:00** UKMSSNA AGM
11:00-12:00 TiMS update meeting
- From 11:30** Lunch and exhibition – London suite / Rotunda
- 12:00–12:45** Satellite Symposium – 1
- 13:15–15:15** Opening plenary session - Paris suite
- 13:15** **Welcome and introduction**
David Martin, Chief Executive, MS Trust
- 13:25** **Sustainability**
Paru Naik, Director of Health Professionals Programmes,
- 13:35** **Health Professionals Programmes update**
Tania Burge, Head of HP Programmes
Sarah Millard, Education Officer
- 13:45** **Advanced MS: Conversations and Consultations**
Professor Eli Silber, Consultant Neurologist, London,
- 14:15** **Distress, Mental health and terminology**
Professor Rona Moss-Morris (Kings College London)
- 14:45** **Challenging conversations: Developing personal knowledge and practice**
Dr Lou Jarrett and team (Exeter)
- 15:15–16:00** **Refreshments, exhibition, and poster viewing – London suite / Rotunda**
Collect room keys from Conference registration desk in reception
- 16:00–16:45** **Poster speed dating – Paris suite**
- 16.45-17.00** **How to chair a session**
Wendy Hendrie
Notetaking for conference digest
Paru Naik

17:00–17:45 **Satellite Symposium – 2**

18:00–18:45 **Satellite Symposium – 3**

19:00 **Drop-in speed dating session**

For the newly qualified, conference first-timers or anyone else who would like to meet new people

19:30 **Welcome dinner & quiz – Paris suite**

MS Trust videos – Fundraising, volunteering

Quiz

Simon Webster

DRAFT

Monday 18 March 2024

07:00-07:30

Morning workout

Workout & Yoga

08:15-09:00

Satellite Symposium – 4

09:15-10:30

Concurrent seminars 1: Initial consultations

Seminar 1

All

Legality and record keeping

Amanda Andrews and Bernie, Senior Lecturer Partnership Development and Support, Birmingham City University, plus solicitor they work with

Accountability, assessment notes, case notes, legal documentation, complaints & litigation. Clinical scenarios e.g., blood monitoring.

Seminar 2

All

Newly diagnosed: Impact of diagnosis and early escalation

Dr Owen Pearson and team (Swansea team)

MDT - consider referrals include therapy and how you manage possible and probable diagnosis (newly diagnosed focus, considerations for work) & heightened health anxiety.

Seminar 3

All

Psychology in real life

Dr Alastair Smith (University of Plymouth) & Susan Hourihan (UCLH)

Cognition in everyday practice, effects of MS on cognition and beyond

A summary of a simplified psychological assessment rather than full cognitive screen – tips and tricks for the clinician.

Complex cognitive deficits in advanced MS patients.

Patients with capacity but struggling with decision making.

Safeguarding.

Strategies to support patients with memory, executive dysfunction – tips and tools – precursor to when to refer on or what to do when no psychological service available.

Seminar 4

All

Intermediate

Social determinants, health and MS

Professor Helen Ford and team (University of Leeds)

Social determinants of health are the conditions in which people are born, grow, live, work and age. These circumstances are the non-medical factors that influence health outcomes. Evidence indicates that health behaviours, comorbidities and disease-modifying therapies all contribute to multiple sclerosis (MS) outcomes.

10:30-11:15

Refreshments, exhibition, and poster viewing – London suite / Rotunda

11:15–12:30

Concurrent seminars 2: Developing consultations

Seminar 1

**Therapists or nurses
with an interest in
exercise**

Intermediate/advanced

Deep dive: From lab to practice – Exercise across the EDSS

Prof Jenny Freeman (University of Plymouth), Dr Wendy Hendrie (Norfolk & Norwich), Laura Douglas & Jody Barber (Neuro Heroes & Chiltern MS Centre)

Practical workshop, tips for patients, review of current literature. Considerations for independently mobile patients.

Seminar 2

All

Psychosexual relationships

Angela Gregory (Nottingham University Hospital) & Ashley Brown (Kings College London)

Conversations (starting & stopping), sexuality, forming relationships & safeguarding, barriers and enablers to addressing sexuality, tools and resources to help you feel knowledgeable and confident to discuss with service users.

Seminar 3

**Nurses and therapist
with an interest**

Intermediate

Assessment and management of bladder dysfunction

*Dr Angie Rantell (Kings College London)
Rachel Harford (Swansea)*

Bladder Botox, neurogenic bladder, assessment of lower urinary tract and pelvic dysfunction in women, problem solving workshop, practical tricks and tips, blocked and bypassing catheters, when to refer for suprapubic – pros and cons.

Seminar 4

All

Palliative care: Early conversations in advanced MS

Ruth Isherwood and Rachel Morrison (Scotland)

Early conversations around palliative care to produce stable management plans, to improve quality of life and end of life planning.

12:30–13:15

**Lunch, exhibition, and poster viewing – London suite /
Rotunda**

13:15–14:00

Satellite Symposium – 5

14:15–16:00

The Annual Helen Ley Lectures: plenary session

14:15 -16:00

Annual Helen Ley Lecture: Anxiety & Depression

Psychiatrists, David Okai and Ana Miorelli (South London and Maudsley)

How they would define anxiety and depression – when is this a mental health issue rather than a result of life? How do we look at treating it? Management strategies especially with accruing disability as these patients are often not accepted in the referral criteria with an existing neurological condition.

How do you manage deteriorating mental health with MS, suicidal ideation and suicide and despair? Considerations around mental capacity.

16:00–17:00

Refreshments and exhibition – London suite / Rotunda

16:00–17:00

Poster viewing & poster authors question time – Rotunda

17:00–18:00

Satellite Symposium – 6

19:00

Pre-dinner drinks – Rotunda

19:30

Conference dinner & speaker

‘The power of touch and empathy’

Resilience and professional wellbeing

21:30

Disco

approx.

Theme = ‘Retro, reused, repurposed’

Fancy dress or something you already own that you love to wear. Feeling creative...why not repurpose a garment for this special event!

Tuesday 19 March 2024

07:00-07:30 **Morning workout**
Workout, Yoga, Mindfulness

08:00-08:45 **Satellite Symposium – 7**

09:00-10:15 **Concurrent seminars 3: Advanced consultations**

Seminar 1
All **Psychological and physiological sexual dysfunction with accruing levels of disability**
Dr Angie Rantell (Kings College London), Angela Gregory (Nottingham University Hospital) & Ashley Brown (Kings College London)
Research, intimacy, adaptations, women's sexual function- practical tips and tricks, changing relationships and identity (care giver, relationships dynamics).

Seminar 2
Therapists and nursing with a specialist interest
Community nursing **Specialist equipment, technology and environmental controls**
Bex Oakes & Robert Lievesley (Oxford University Hospital)
Positioning aids, sleep systems, specialist teams, Alexa, tips and tricks to apply in practice.

Seminar 3
All
Intermediate level **Spasticity management: A practical workshop**
Rhian Ohalloran (Wales) and Dr Lou Jarrett (Exeter)
Assessment and interventions for the complex advanced patient.

Seminar 4
Nurses **The bread and butter of relapse management: definition, identification, treatment and mistreatment**
Prof Jeremy Hobart and Plymouth team, Dr Owen Pearson and Swansea team and Kate Petheram and Sunderland team
Escalation of therapies, relapse or pseudo relapse.

10:15-10:45 **Refreshments and exhibition – London suite / Rotunda**

10:45–12:00 Concurrent seminars 4: Evidence for living well

Seminar 1
All **Demystifying the menopause**
Dr Angie Rantell (Kings College London)
An overview of the hormonal and physiological changes associated with the menopause and the impact that it can have on physical and psychological health. It will discuss symptoms assessment, health promotion and patient education and consider all the current national initiatives. It will also provide a basic overview on the different types of hormone replacement therapy and associated risks and benefits for women. Additional sources of information (for health care professionals and patients) will be reviewed.

Seminar 2
All **Digital consultations: assessment and treatment**
Lorna Paul and Elaine Coulter (Glasgow)
Training needs, competencies, privacy, self-assessment. Glasgow University research but will include other research of digital engagement.

Seminar 3
All **Bowel management in people with MS: evolving ideas for a burdensome complication**
Professor Anton Emmanuel and Concetta Brugaletta (UCL)
Development in bowel assessment and practical aspects of managing bowel function in MS.

Seminar 4
All **Ageing and MS**
Professor Gavin Giovannoni and rehabilitation team (Professor of Neurology, London)
Progressive management, activity levels and pharmacological aspects. Comorbidities and treatment challenges.

12:00–12:20 Refreshments

12:20–14:00 Closing plenary session

12:20 Prize giving & Winning poster presentation

12:35 Challenges following consultations: diagnosis to advanced MS, keeping the relationship, apologising for past consultations and healthcare interactions: A townhall debate
Professor Gavin Giovannoni, Dr Lou Jarrett, Susan Hourihan, Tania Burge, & Dr Owen Pearson
Long lasting impact of a consultation

13:35 Closing remarks
Caitlin Sorrel & David Martin

13:45-14:00 Lunch & departures