

# 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** UKMSSNA New nurse workshop  
Room 11
- Therapists in MS (TiMS) New therapists meet and greet  
Room 12
- 11:00-12:00** UKMSSNA AGM  
Room 11
- TiMS update meeting  
Room 12
- From 11:30** Lunch and exhibition  
London suite & Rotunda
- 13:15–15:15** Opening plenary session  
Paris suite  
*CHAIR: Sarah White, MS Trust Trustee*
- 13:20** Welcome and introduction  
*David Martin, Outgoing Chief Executive & Lucy Taylor, Incoming Chief Executive, MS Trust*
- 13:25** Sustainability  
*Paru Naik, Director of Service, MS Trust*
- 13:40** Health Professionals Programmes update  
*Tania Burge, Head of Service & Sarah Millard, Education Officer, MS Trust*
- 13:45** Advanced MS: Conversations and Consultations  
*Professor Eli Silber, Consultant Neurologist, London*

**14:15 Challenging conversations: Developing personal knowledge and practice**  
*Louise Jarrett, MS Trust Lead Nurse Specialist & NHSp MS Clinical Nurse Specialist & Hannah Foley, MS Nurse, Royal Devon University Hospitals Trust*

MS nurses with differing levels of experience collaborated to explore how they manage challenging conversations with people with MS.

In this plenary we will share the method and outcomes.

Learning outcomes:

- How the use of guided reflection can help us to explore our practice and co- create appreciation and meaning
- Different strategies used to manage challenging conversations will be highlighted

**14:45 Treating anxiety and depression (Distress) in Multiple sclerosis**  
*Rona Moss-Morris, Professor of Psychology as Applied to Medicine, Kings College London*

I will show data highlighting why it is critical that we need to be better at managing/treating distress in MS. I will contrast traditional mental health models of anxiety and depression with understanding the concepts of adjustment and distress related to MS. I will present cognitive behavioural therapy treatment models specific to treating distress in MS and trial data on the efficacy of this approach. I will argue that we need digital therapies to be able to scale these treatments to people with MS who may benefit.

Learning outcomes:

- Applying routine screening of anxiety and depression in standard clinical care
- Discuss ways to set up treatment pathways for distress in MS

**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**  
*CHAIR: David Philpott, MS Trust Trustee*  
*Facilitators: Tania Burge, Head of Service; Sarah Millard, Education Officer & Jo Tripp, Database and IT manager, MS Trust*  
**Paris suite**

**16.45-17.00 Chairing a session**  
*Wendy Hendrie, MS specialist physiotherapist, Norwich*  
**Room 11**

**Notetaking for Conference Digest**  
*Sarah White, Trustee, MS Trust*  
**Room 12**

**17:00–17:45 Roche. Perspectives of an MS service - Royal Stoke MDT and Adrian's experience.**  
Satellite Symposium organised and funded by Roche  
**Lakeside suite**

**18:00-18:45 Sanofi. MS Unmasked: can you see what I feel?**  
Satellite Symposium organised and funded by Sanofi  
**Lakeside suite**

**19:00 Welcome drinks**  
*Facilitators: MS Trust, UKMSSNA committee and TiMS working group*  
For those newly qualified, new to conference or anyone else who would like to meet new people  
**Lakeside suite**

**19:30 Welcome dinner & quiz**  
*Simon Webster, Helpline Manager and Quizmaster, MS Trust*  
**Paris suite**

### Monday 18 March 2024

**07:00-07:30 Morning yoga**  
*Jody Barber, Head of Integrated Clinical Services and Physiotherapist, Chilterns Neuro Centre*  
**Hansom Suite**

**08:15–09:00 Sandoz. Biosimilars in multiple sclerosis: what, how, why? Join our discussion to unfold the MS patient journey to the biosimilar.**  
Satellite Symposium organised and funded by Sandoz  
**Lakeside suite**

### 09:15–10:30 Concurrent seminars 1: Initial consultations

Seminar 1 **When you chose Nursing and AHP, you also chose Law**  
*Amanda Andrews, Senior Lecturer & Bernie St Aubyn, Senior Lecturer, Birmingham City University*

**Room 11**

This session will explore the professional and legal aspects for consideration when completing nursing documentation. This will be considered within the framework of The Code (NMC 2018).

Learning outcomes:

- Appreciate the importance of completing your documentation within a legal framework
- Develop an understanding of the implications for practice of poor documentation

Seminar 2

Paris Suite

### **Newly diagnosed: Impact of diagnosis and early escalation**

*Dr Owen Pearson, Consultant Neurologist; Helen Owen, Lead MS Nurse Specialist; Rachel Harford, MS Clinical Nurse Specialist & Lynne Watson, Clinical Specialist Physiotherapist, Swansea Bay University Health Board*

The challenges of making an earlier MS diagnosis and red flags to an alternative diagnosis. Insights from the patient's point of view and potential challenges to supporting a recently diagnosed individual. A person-centred approach following diagnosis and initial DMT discussions. The importance of introducing early lifestyle adjustments and the importance of exercise.

Learning outcomes:

- Enhanced understanding of the challenges involved in making the diagnosis of MS.
- Awareness of McDonald Criteria
- Red flags for differential diagnosis
- A greater appreciation of the psychological impact of moving from diagnosis to early treatment
- Importance of early exercise/lifestyle intervention

Seminar 3

Lakeside Suite

### **Psychology in the real world**

*Dr Alastair Smith, Associate Head of School, School of Psychology, University of Plymouth & Susan Hourihan, Lead Occupational Therapist (Neuro - Sciences), UCLH*

This seminar will consider the topic of neuropsychological testing, exploring a range of methods and the origin of cognitive testing. Specific focus will be given to cognition in MS and associated impairments as well as cognitive testing in MS. Alongside this, a summary of simple psychological assessments will be shared as well as strategies to support patients with memory and executive dysfunction. We will also discuss when to refer on or what to do when no or little psychological services are available.

Learning outcomes:

- Attendees will gain awareness of the history, methods, and assumptions underlying neuropsychological tests of cognitive function, as well as some considerations for their administration.
- Attendees will gain awareness of the practical assessment and management strategies for cognitive function in every day clinical practice

Seminar 4      **Social determinants of health in MS**  
*Helen Ford, Clinical Professor of Neurology; Charlotte Wicks, Neurology Research Fellow, Leeds Teaching Hospitals NHS Trust & Karis Hutchison, PhD Researcher, University of Leeds*

Room 12

Social determinants of health are the conditions in which people are born, grow, live, work and age. In this seminar we will discuss the impact of individual factors (such as gender, race, and ethnicity) and structural determinants (such as health-care access) on MS outcomes. We will include key updates on research in employment and domestic violence and abuse.

Learning outcomes:

- Understanding the potential impact of social determinants of health on outcomes for individuals with MS
- Using screening questions in clinical practice (such as the Core-5 screening tool)

**10:30–11:15      Refreshments, exhibition, and poster viewing**  
**London suite & Rotunda**

**11:15–12:30      Concurrent seminars 2: Developing consultations**

Seminar 1      **Deep dive: From lab to practice – Exercise across the disease course**

Paris Suite      *Jenny Freeman, Professor of Physiotherapy and Rehabilitation, University of Plymouth; Wendy Hendrie, MS Specialist Physiotherapist, MS Centre, Norwich; Jody Barber, Head of Integrated Clinical Services and Physiotherapist, Chilterns Neuro Centre; Laura Douglas, Neuro Physiotherapist and Co-Founder of Neuro Heroes & Anna Kharin, Neuro Physiotherapist and Co-Founder of Neuro Heroes, Neuro Heroes*

**“Warning: This session will not be a series of PowerPoint slides”.**

Although exercise is at the core of our practice, we know that many people with MS reduce activity early after diagnosis and that getting people with MS to increase activity is fraught with difficulty. We need to do things differently. Therefore, our aim is to challenge you to reflect critically on your current practice and consider what you could change. We hope to stimulate you to think creatively about how you can support people, at all levels of disability and stages of the condition, to become more physically active. Practical tips, scientific evidence, anecdotes, and the stories of people with MS will be integrated into this session to ensure it can be directly translated to your everyday practice.

Learning outcomes:

- Understand the barriers and facilitators to supporting people with MS to become more physically active, and the evidence-based benefits of them doing so
- Gain practical tips, scripts, and creative solutions to help you support people to become more physically active

Seminar 2      **Managing Intimate and Sexual Relationships with MS: Psychosexual Approaches and Clinical Discussions**  
Room 11      *Angela Gregory, Psychosexual Therapist COSRT acc (Senior), Nottingham University Hospitals & Ashley Brown, Postdoctoral research associate; Teaching Fellow, Kings College London*

This interactive seminar will focus on the importance of understanding the challenges of romantic and sexual relationships for people with MS. We will discuss how clinicians can broach this topic with patients and what support can be provided, both within the NHS and privately. Diversity in relationships will also be examined, as much of the current advice pertains largely to heterosexual and monogamous couples. There will be an interactive discussion between the session leaders and audience, reflecting on clinical practice and answering questions about care for patients and their partners.

Learning outcomes:

- To understand the diversity in experiences of intimate relationships for people with MS and the role of clinicians in managing sexual and intimacy difficulties
- To understand how to initiate conversations with people with MS about managing sexual and intimacy difficulties, including treatment recommendations and referrals

Seminar 3      **Assessment and management of bladder dysfunction**  
Room 12      *Angie Rantell, Consultant Nurse, Kings College Hospital & Rachel Harford, MS Clinical Nurse Specialist, Swansea Bay University Health Board*

This session aims to review normal bladder function and consider what is lower urinary tract dysfunction and how it can affect an individual's quality of life. It will include symptom assessment and consider basic investigations / examinations that should be performed. Red flags and referral guidelines will be discussed alongside conservative management strategies and health promotion advice. Core competencies, national guidelines and additional sources of information (for health care professionals and patients) will be reviewed.

Learning outcomes:

- To understand normal bladder function and reasons for dysfunction
- To consider the basic needs for a continence assessment

Seminar 4  
Lakeside  
Suite

**Early conversations in advanced MS: Strategies to support them**  
*Ruth Isherwood, Consultant in Palliative Medicine & Rachel Morrison, Advanced Multiple Sclerosis Champion, NHS Tayside*

This seminar will consider a range of conversations about future care planning as well as discuss some of the frameworks available to support these conversations. Examples from practice will ensure the session is relevant. We will also consider a range of emotional responses, including anger and denial, and how to respond to these as professionals.

Learning outcomes:

- To discuss the importance of having discussions about future care with people with MS and identify some of the symptoms that should trigger these
- To reflect on available frameworks that support discussions about future care planning and apply these to clinical situations

**12:30-13:15 Lunch, exhibition, and poster viewing**  
London suite & Rotunda

**13:15–14:00 Novartis. Interpreting Immunological Markers in Multiple Sclerosis: Optimising Patient Management.**

Satellite Symposium organised and funded by Novartis  
Lakeside suite

**14:15–15:00 The Annual Helen Ley Lectures: plenary session**  
Paris suite

*CHAIR: Christine Singleton, MS Trust Trustee*

**14:15-15:00 Annual Helen Ley Lecture: MS and Mood disorders: what we know and what we ought to know**

*Ana Miorelli, Consultant Neuropsychiatrist, SWLSG NHS*

In this talk I will show the prevalence of mood disorders in MS and ways to address this within an integrated model of care in the NHS.

Learning outcomes:

- MS and mood disorder prevalence and available treatment
- Possible integrated models to improve QoL and other outcomes

**15:00-15:30 Do we need to break the Loo Taboo?**

*Noreen Barker, MS Nurse Consultant, HHNN, Michelle Hogan-Tricks, Neurogenic Clinical Lead, Coloplast & Claire Winchester, Head of Information & Engagement, MS Trust*

We take a deep dive into two recent pieces of research among people living with MS, which provide interesting insights into the impact of neurogenic bladder and bowel and their experiences accessing information and care. We'll also explore the extent to which we're managing this patient group optimally, and asking what more can we do to stop embarrassment getting the better of our patients, to ensure that every contact counts.

**15:30-16:00 Competency updates**

*Mavis Ayer, MS Lead Nurse, University Hospital Southampton NHS Foundation Trust, Jody Barber, Head of Integrated Clinical Services and Physiotherapist, Chilterns Neuro Centre & Susan Hourihan, Lead Occupational Therapist (Neuro - Sciences), UCLH*

16:00–17:00	<b>Refreshments and exhibition</b> London suite & Rotunda
16:00–17:00	<b>Poster viewing &amp; poster authors question time</b> Rotunda
17:00–17:45	<b>Merck. What should we do now? Navigating treatment sequencing considerations for older patients.</b> Satellite Symposium organised and funded by Merck Lakeside suite
19:00	<b>Pre-dinner drinks</b> Rotunda
19:30	<b>Conference dinner</b> Paris suite
21:30 approx.	<b>Disco</b> <i>Theme = 'Retro, reused, repurposed'</i> <i>Fancy dress or something you already own that you love to wear. Feeling creative...why not repurpose a garment for this special event!</i> Paris suite

## Tuesday 19 March 2024

07:00-07:30	<b>Morning yoga</b> <i>Jody Barber, Head of Integrated Clinical Services and Physiotherapist, Chilterns Neuro Centre</i> Hansom Suite
08:00–08:45	<b>Janssen. MS Nurse Competency Framework and the NHSE Dashboard in action - through the lens of Ponvory (ponesimod).</b> Satellite Symposium organised and funded by Janssen Lakeside suite
09:00–10:15	<b>Concurrent seminars 3: Advanced consultations</b>

Seminar 1	<b>Psychological and physiological sexual dysfunction with accruing levels of disability</b> <i>Angie Rantell, Consultant Nurse, Kings College Hospital; Angela Gregory, Psychosexual Therapist COSRT acc (Senior), Nottingham University Hospitals &amp; Ashley Brown, Postdoctoral research associate; Teaching Fellow, Kings College London</i>
Room 11	

This session aims to consider what is normal sexual function to then determine what is sexual dysfunction. It will review terminology, assessment and potential causes for sexual dysfunction. It will discuss how to introduce the conversation in a clinical assessment and consider changes to sexual function over time and with increasing levels of disability. It will review current treatment options available for men and women on the NHS and privately.

Learning outcomes:

- To understand the impact on MS on sexual function and all potential causes of sexual dysfunction
- To understand available treatment option to signpost patient to as part of their care pathway



- Seminar 2  
**Paris Suite**
- Posture management, assistive technology and environmental controls**  
*Rob Lievesley, Clinical Scientist & Bex Oakes, Occupational Therapist, Specialist Disability Service*
- An overview of a specialist service which delivers 24-hour posture management and Electronic Assistive technology. An introduction to specialist equipment and techniques including mainstream and off the shelf solutions, including tips and demonstrations which can be integrated into clinical practice.
- Learning outcomes:
- To be more aware of practical low/no cost solutions for supporting individuals with postural needs in bed
  - To know about access methods to mainstream technologies and apply to clients with MS
  - To be aware of the specialist service and know how to refer
- Seminar 3  
**Room 12**
- Exploring components of effective spasticity management. Translating evidence into coherent treatment.**  
*Jon Marsden, Professor of Rehabilitation, University of Plymouth; Dr Louise Jarrett, MS Trust Lead Nurse Specialist & NHSp MS Clinical Nurse, Royal Devon University Hospitals Trust & Rhian O'Halloran, Clinical Specialist Physiotherapist in MS, Cardiff and Vale UHB*
- An exploration of managing spasticity and spasms in the community.
- Learning outcomes:
- To understand terminology, pathology and the evidence base for current practice
  - To understand the daily complexity of managing spasticity and spasms
  - To explore how we can use our time effectively in appointments using the MS nurse clinic appointment as an exemplar
  - To appreciate multi-agency working needed to achieve effective spasticity management
  - To consider how pathways assist individualised treatment and care
- Seminar 4  
**Lakeside Suite**
- The bread and butter of relapse management: definition, identification, treatment and mistreatment**  
*Kate Petheram, Consultant Neurologist; Carmel Wilkinson, South Tyneside and Sunderland NHS Foundation Trust & Dr Owen Pearson, Consultant Neurologist, Swansea Bay University Health Board*
- A discussion on how to identify and manage MS relapses. Using cases as illustrations we will aim to cover a variety of presentations of relapse and how they should (and shouldn't!) be managed.
- Learning outcomes:
- Appropriate investigation of the MS patient presenting with possible relapse or a change in symptoms
  - Appropriate treatment of the MS patient with relapse

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

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

**Seminar 1 Demystifying the menopause**  
*Angie Rantell, Consultant Nurse, Kings College Hospital*

**Lakeside  
Suite**

This session aims to provide 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.

Learning outcomes:

- To understand the impact of the menopause on women's physical and psychological health and consider how this may vary in women with MS
- To learn of resources to help support women through the menopause

**Seminar 2 Digital consultations: assessment and treatment**  
*Lorna Paul, Professor in Allied Health Science & Elaine Coulter, Lecturer in  
Physiotherapy, Glasgow Caledonian University*

**Room 11**

This session will consider the use of digital technology through the whole MS care pathway, including addressing the barriers and drivers to using digital health, digital competencies, and worked examples of technology that could be implemented into practice. The session is suitable for professionals with various levels of experience of using digital health.

Learning outcomes:

- Develop an understanding of the benefits and risks, drivers and barriers in using digital technology to support healthcare
- Build on awareness, knowledge and competency in digital technologies to support assessment and treatment for people with MS

**Seminar 3**  
**Room 12**  
**Bowel management in people with MS: evolving ideas for a burdensome complication**  
*Anton Emmanuel, Professor of Neuro-Gastroenterology & Concetta Brugaletta, Clinical Nurse Specialist, National Hospital for Neurology and Neurosurgery*

There is both a high prevalence and major quality of life impact when people with Multiple Sclerosis develop gastrointestinal symptoms. In this session we will detail a practical approach for the MS specialist towards these patients, as well as when onward referral is needed. Understanding the underpinning neurophysiology will be the backdrop to helping cement this practical session.

Learning outcomes:

- Understand the true burden of gut dysfunction in people with multiple sclerosis
- Understand the principles of treatment escalation in people with multiple sclerosis

**Seminar 4**  
**Paris Suite**  
**Ageing and MS**  
*Gavin Giovannoni, Professor of Neurology, Queen Mary University of London*

As we get better at diagnosing and managing MS, the proportion of people with MS who are older is increasing. This seminar will review the impact of ageing on the diagnosis, profiling, monitoring and management of MS using case studies of ageing people with MS to illustrate these points.

Learning outcomes:

- How does MS present differently in older people with MS?
- How does age impact the prognosis of MS?
- Monitoring MS in the older patient with MS
- Managing DMTs in the older patient with MS
- The holistic management of MS in the older person with MS
- The intersection of MS with other age-related comorbidities
- Will rejuvenation therapy become a reality in the management of MS?
- Managing expectations in older people with MS

**12:00–12:20**  
**Refreshments**  
**London suite & Rotunda**

**12:20–14:00** **Closing plenary session**  
**Paris suite**  
*CHAIR: Paru Naik, Director of Service, MS Trust*

**12:20** **Challenges following consultations: diagnosis to advanced MS, keeping the relationship, apologising for past consultations and healthcare interactions: A townhall debate**  
*Gavin Giovannoni, Professor of Neurology, Queen Mary University of London; Dr Louise Jarrett, MS Trust Lead Nurse Specialist & NHSp MS Clinical Nurse, Royal Devon University Hospitals Trust; Susan Hourihan, Lead Occupational Therapist (Neuro - Sciences), UCLH & Tania Burge, Head of Service, MS Trust*

**13:20** **Prize giving & raffle draw**  
*Lucy Taylor, Chief Executive, MS Trust*

**13:40** **Closing remarks**  
*Caitlin Sorrell, Chair of Trustees, MS Trust*

**13:50-14:00** **Lunch & departures**