



# **PROGRAMME**

## **MULTIPLE SCLEROSIS FOUNDATION MODULE FOR SPECIALIST HCP'S**

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

Hybrid learning, with face-to-face sessions taught at:  
Hotel Cromwell, High Street, Stevenage, SG1 3AZ

Please enrol onto **one** of the Moodle Preparatory Sessions.

**16 December 9am**

*Remote live session, 30mins*

**09:00 Moodle Preparatory Session  
Via Microsoft Teams**

**Learning Outcomes.**

***After this session you will:***

- **Have met our support staff.**
- **Be able to navigate and use Moodle.**
- **Be clear what the pre course work is and where you can access it. This will include the deadlines for the work to be completed.**
- **Have met your course team.**
- **Be aware of the requirements for your assignment.**

**This will be recorded for those who cannot attend.**

[illegible]

*Self-directed learning from home (approx. 10 hours), via Moodle*

*Complete all the pre-work on Moodle and any additional reading that is needed for your level of MS knowledge*

[illegible]

**Monday 19 January 2026**  
*Face-to-face sessions*

---

**13:00 Registration**

*The Cromwell Suite, Hotel Cromwell*

---

**13:15 Introductions and Welcome**

*Lucy Taylor, CEO, MS Trust*

*Ruth Stross, Director of Services, MS Trust*

*Amanda Andrews, Senior Lecturer Partnership Development and Support,  
Birmingham City University*

*Dr Lou Jarrett RGN PhD, Module Lead*

**13:45 MS in 2026 – Where Are We?**

*Ruth Stross, Director of Services, MS Trust*

---

**14:00 Revision of Neurophysiology**

*Dr Ashok Patel, PhD.*

**Learning Outcomes.**

*After 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.
- 

**15:15 Break**

Rooms available to check in – Hotel reception desk

---

**15:45 Interactive Literature Searching**

*May Farrow, Senior Health Education officer*

*Amanda Andrews, Senior Lecturer Partnership Development and Support,  
Birmingham City University*

*Dr Lou Jarrett RGN PhD, Module Lead*

**Learning Outcomes.**

*After this session you will be able to:*

- Search for literature effectively using BCU's online library
  - Identify what a credible source is
- 

**16:15 Critiquing Evidence**

*Amanda Andrews, Senior Lecturer Partnership Development and Support,  
Birmingham City University; Dr Lou Jarrett RGN PhD, Module Lead*

**Learning Outcomes.**

*After this session you will be able to:*

- Review and critique clinical trial and review articles.
  - Understand the tools available to support you when critiquing evidence.
  - Review your success with critiquing a 'test' publication.
  - Define PICO.
  - Define inclusion/ exclusion criteria.
-

---

**16:45 Assignment Topics and Plans**  
**(Introductory Session 2<sup>nd</sup> session on Thursday)**  
*Dr Lou Jarrett RGN PhD, Module Lead*  
*Amanda Andrews, Senior Lecturer Partnership Development and Support,*  
*Birmingham City University*

**Learning Outcomes.**

*After this session you will be able to:*

- Understand the marking criteria of the assignments.
- Identify where to get help with your assignment.
- Define the key terms in your marking criteria and implement these in your assignment.

---

**17:30 Close**

---

¥ ¥

**Tuesday 20 January 2026**  
*Face-to-face sessions*

---

**09:00 Cognitive Problems in MS**  
*Dr Anita Rose, Consultant Clinical Neuropsychologist,*  
*South Newton Hospital, Wiltshire*

**Learning Outcomes.**

*After this session you will be able to:*

- 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.
- Know some possible strategies for dealing with cognitive impairments.
- Understand the pathology and prevalence of mood issues in MS.
- Identify tools to help recognise and assess mood issues.

---

**10:15 Break**

---

**10:45 Cognitive Problems in MS (continued)**  
*Dr Anita Rose, Consultant Clinical Neuropsychologist,*  
*South Newton Hospital, Wiltshire*

**Learning Outcomes.**

*After this session you will:*

- 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.
- Know some possible strategies for dealing with cognitive impairments.
- Understand the pathology and prevalence of mood issues in MS.
- Identify tools to help recognise and assess mood issues.

---

**11:45 Break**

---

---

**12:00 Understanding Immunology**  
*Dr Marie Voice, Birmingham City University*

**Learning Outcomes.**

*After this session you will be able to:*

- Demonstrate a functional understanding of the immune system in relation to MS.
- Outline the major components of the immune system.
- Understand basic MS immunopathology.
- Explain the key modes of action of disease modifying drugs.

---

**13:00 Lunch**

---

**13:45 Understanding Immunology (continued)**  
*Dr Marie Voice, Birmingham City University*

**Learning Outcomes.**

*After this session you will be able to:*

- Demonstrate a functional understanding of the immune system in relation to MS.
- Outline the major components of the immune system.
- Understand basic MS immunopathology.
- Explain the key modes of action of disease modifying drugs.

---

**14:45 Urinary Issues in MS**  
*Angie Rantell, Nurse Consultant, Urogynaecology King's College Hospital and Senior Lecturer in Pelvic Health, Brunel University, London*

**Learning Outcomes.**

*After 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.
- Understand lower urinary tract symptoms and pelvic floor dysfunction in women and the increase prevalence and different presentations in women with MS.
- Describe the symptoms and impact of a neurogenic bladder and the impact this will have on treatment options.

---

**15:45 Break**

---

**16:15 Menopause in MS**  
*Angie Rantell, Nurse Consultant, Urogynaecology King's College Hospital and Senior Lecturer in Pelvic Health, Brunel University, London*

**Learning Outcomes.**

*After this session you will be able to:*

- Understand the symptoms of menopause and its impact e.g., genitourinary syndrome of menopause and then will discuss appropriate referrals, treatments, additional sources of information.
- Describe the difference between Menopause and MS symptoms in women and how to recognise these.
- Identify the treatment options and referral routes for women with MS and menopause.

---

**17:15 Close**

---

**¥ ¥**

**Wednesday 21 January 2026**  
*Face-to-face sessions*

**09:00 Interpreting Results of Blood Monitoring for pwMS on DMDs**  
*Dr Floriana de Angelis, Consultant Neurologist, Luton and Dunstable University  
 Hospital NHS Foundation Trust*

***Learning Outcomes.***

*After this session you will be able to:*

- Understand why different DMDs require different blood monitoring regimes.
- Feel confident to identify test results which require urgent action.
- Understand the relative risks to people with MS of missing scheduled blood monitoring appointments.
- Understand the recommendations for and impact of various vaccinations.

10:30	Break
-------	-------

**11:00**    **Pain Management in MS**  
*Katherine Dyer, Lead Nurse/Matron, Pain Management Service,  
 Norfolk & Norwich University Hospital NHS Trust*

***Learning Outcomes.***

**Learning outcomes:**  
*After this session you will:*

- Have gained knowledge of the pathology and classification of pain.
- 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 current treatment options for the different types of pain in MS.
- Have an overview of emerging theories/research on mechanisms and management of pain.

13:00	Lunch
-------	-------

**13:45 Understanding and Managing Spasticity**  
*Katrina Buchanan, Consultant Physiotherapist, The National Hospital for Neurology and Neurosurgery, UCLH*

***Learning Outcomes.***

*After 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.
- Understand the role the MDT in spasticity assessment and management
- Identify available treatment options and their suitability depending on the individual level of spasticity.

15:45 Break

**16:15 Bowel Issues in MS**  
Jenny Slough, MS Specialist Nurse, *The National Hospital for*

Jenny Slough, MS Specialist Nurse, *The National Hospital for Neurology and Neurosurgery, UCLH*

**Learning Outcomes.**

*After this session you will be able to:*

- Show an understanding of neurogenic bowel dysfunction.
- Identify the symptoms of neurogenic bowel dysfunction for patients living with multiple sclerosis.
- Discuss evidence-based management strategies
- Discover when to refer to specialist services

## Meet UKMSSNA

*Jenny Slough, UKMSSNA*

17:15 Close

[illegible]

**Thursday 22 January 2026**  
Face-to-face sessions

*Face-to-face sessions*

**09:00 Palliative Care Issues in MS**  
*Dr Ruth Isherwood, Consultant in Palliative Medicine and Training Programme*

*Dr Ruth Isherwood, Consultant in Palliative Medicine and Training Programme  
Director for Palliative Medicine*

**Learning Outcomes.**

**Learning Outcomes:**  
After 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.

---

**10:30 Break**

**11:00**    **Advanced MS - Supporting someone with more advanced disease**  
*Nicola Hyslop, Advanced MS Champion, North Cumbria Integrated care NHS Foundation Trust*

Nicola Hyslop, Advanced MS Champion, North Cumbria Integrated care NHS Foundation Trust

*Nicola Walker, Advanced MS Champion, Dorset MS Service*

**Learning Outcomes.**

*After 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.

---

**12:30 Living with MS – Recorded Presentation**

*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.
- Reflected on the different experiences' individuals may have when following the same pathway.

---

**13:15 Lunch**

---

**14:00 BCU Processes Including AI Use**

*Amanda Andrews, Senior Lecturer Partnership Development and Support, Birmingham City University*

**1430 Assignment Topics and Plans**

*Dr Lou Jarrett RGN PhD, Module Lead*

**Learning Outcomes.**

*After this session you will be able to:*

- Understand the marking criteria of the assignments.
- Identify where to get help with your assignment.
- Define the key terms in your marking criteria and implement these in your assignment.

---

**14:50 Break**

---

**15:15 Maximising Interactions to Lead Effective MS Specialist Clinics**

*Dr Lou Jarrett RGN PhD, Module Lead*

**Learning Outcomes.**

*After this session you will be able to:*

- Review how you practice in appointments and/or clinics.
- Describe how you effectively plan for and manage an appointment or clinic.
- Discuss the potential needs of PwMS attending different appointments.  
e.g. a newly diagnosed appointment and discussing the evolving diagnostic criteria.
- Plan to include or continue with methods to evaluate effectiveness.  
List potential external pressures and how you intend to manage them.

---

**16:15 Fatigue Management for People with MS**

*Molly Field, Highly Specialised Occupational Therapist, The National Hospital for Neurology and Neurosurgery, London*

**Learning Outcomes.**

*After 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.
-



17:15	Close
18:00	<b>Evening Dinner / Welcome (Chair: TBA)</b> <i>Please be seated for 18:00</i>
18:00	<b>MS Trust Resources to Help You Meet the Challenges and Celebrate the Opportunities of Working in MS</b> <i>Brenda Naluyima, Health Information Manager, MS Trust</i>
18:10	<b>MS Trust Research and Helpline</b> <i>Claire Winchester, Head of Research and Engagement, MS Trust</i>
18:20	<b>MS Trust Fundraising</b> <i>Claire Gambrell, Events &amp; Community Fundraising Manager, MS Trust</i>
18:30	<b>Main Course Served</b>
19:15	<b>Dessert Course Served</b>
20:00	Close

¥ ¥

**Friday 23 January 2026**  
*Face-to-face sessions*

08:30	<b>Managing MS relapses and exacerbation of MS symptoms</b> <i>Dr Lou Jarrett RGN PhD, Module Lead</i> <i>Deborah Taylor, MS specialist Nurse at the University Hospitals of Derby and Burton NHS Foundation Trust</i>
	<p><b>Learning Outcomes.</b> <i>After this session you will be able to:</i></p> <ul style="list-style-type: none"> <li>• Define MS relapse and evolving terminology relating to diagnostic criteria.</li> <li>• Differentiate between a MS relapse and exacerbation of MS symptoms.</li> <li>• Describe assessment questions and how the answers can guide treatment selection.</li> <li>• Identify the principles of managing relapse including the pros and cons of steroid therapy.</li> <li>• Formulate details to include when educating a PwMS about managing relapses or exacerbation of symptoms.</li> <li>• Outline the key elements of an effective service model for managing acute episodes.</li> </ul>
09:30	<b>MS, Sex and Sexuality</b> <i>Ashley Brown, Postdoctoral research associate; Teaching Fellow, Kings College London</i>
	<p><b>Learning Outcomes.</b> <i>After this session you will be able to:</i></p> <ul style="list-style-type: none"> <li>• Understand how MS interferes with 'normal' sexual functioning, intimate relationships, and self-image.</li> <li>• Describe sexual dysfunction as experienced by those affected by MS</li> </ul>



## Ongoing

*Remote live sessions, 30 mins*

**Bookable on request** **Assignment Progress Review Sessions**  
Please email [education@mstrust.org.uk](mailto:education@mstrust.org.uk) to book a session.

[illegible]