



## 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*

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**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.

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*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*

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

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**13:00 Registration**

*The Cromwell Suite, Hotel Cromwell*

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**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*

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**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*

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**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.

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**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.

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**17:30 Close**

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***Tuesday 20 January 2026***

***Face-to-face sessions***

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**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.

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**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.

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**11:45 Break**

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**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.

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**13:00 Lunch**

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**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.

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**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.

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**15:45 Break**

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**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.

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**17:15 Close**



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

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**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.

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**10:30 Break**

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**11:00 Pain Management in MS**

*Katherine Dyer, Lead Nurse/Matron, Pain Management Service, Norfolk & Norwich University Hospital NHS Trust*

***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.

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**13:00 Lunch**

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**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.

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**15:45 Break**

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**16:15 Bowel Issues in MS**

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*

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**17:15 Close**

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

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**09:00 Palliative Care Issues in MS**

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

**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.

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**10:30 Break**

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**11:00 Advanced MS - Supporting someone with more advanced disease**

*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.

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<b>12:30</b>	<b>Living with MS – Recorded Presentation</b> <i>Liz Thompson, Expert patient</i>
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**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.

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<b>13:15</b>	<b>Lunch</b>
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<b>14:00</b>	<b>BCU Processes Including AI Use</b>
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*Amanda Andrews, Senior Lecturer Partnership Development and Support, Birmingham City University*

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<b>1430</b>	<b>Assignment Topics and Plans</b>
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*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.

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<b>14:50</b>	<b>Break</b>
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<b>15:15</b>	<b>Maximising Interactions to Lead Effective MS Specialist Clinics</b>
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*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.

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<b>16:15</b>	<b>Fatigue Management for People with MS</b>
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*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	<b>Close</b>
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	<b>Close</b>

## **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</i>
	<i>Burton NHS Foundation Trust</i>
	<b><i>Learning Outcomes.</i></b>
	<i>After this session you will be able to:</i>
	<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,</i>
	<i>Kings College London</i>
	<b><i>Learning Outcomes.</i></b>
	<i>After this session you will be able to:</i>
	<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>

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- Identify a structure/framework you could adopt when assessing and managing sexual/intimacy issues.
- Develop 'comfortable' ways of communicating with patients about issues of sexuality, intimacy and sexual dysfunction.
- Know how to discuss with the person with MS how to manage some of the sexual difficulties they experience.

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**11:30 Break**

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**11:45 Being a competent MS Specialist moving toward becoming an expert**

*Deborah Taylor, MS specialist Nurse at the University Hospitals of Derby and Burton Foundation Trust.*

*Emma Tyrell, Highly Specialist Occupational Therapist, West Hertfordshire Neurological Rehabilitation Service*

**Learning Outcomes.**

*After this session you will be able to:*

- Consider your current healthcare context and potential implications for a PwMS, your practice and your service.
- Explain how you could move from novice to expert in your role as an MS Specialist.
- Describe the evidence available regarding the value and impact of MS specialist input.
- Plan how you will implement your learning from the development module.

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**12:45 Comfort Break and 'Grab & Go' Lunch Bags**

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**13:00 Planning Your Service**

*Noreen Barker, Multiple Sclerosis Nurse, UCLH*

**Learning Outcomes.**

*After this session you will be able to:*

- Understand how to allocate financial, human and technological resources through business planning.
- Understand the key components of a business case and the resources available to write a business case.
- Understand how to frame a successful business case through review of best practice examples.
- Monitor and evaluate the effectiveness of your service.

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**13:45 Closing remarks**

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**14:00 Close**

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## 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.