



MS Trust Development Module

14 - 18 September 2026
Cromwell Hotel, Stevenage

Accredited by CPD UK



Welcome

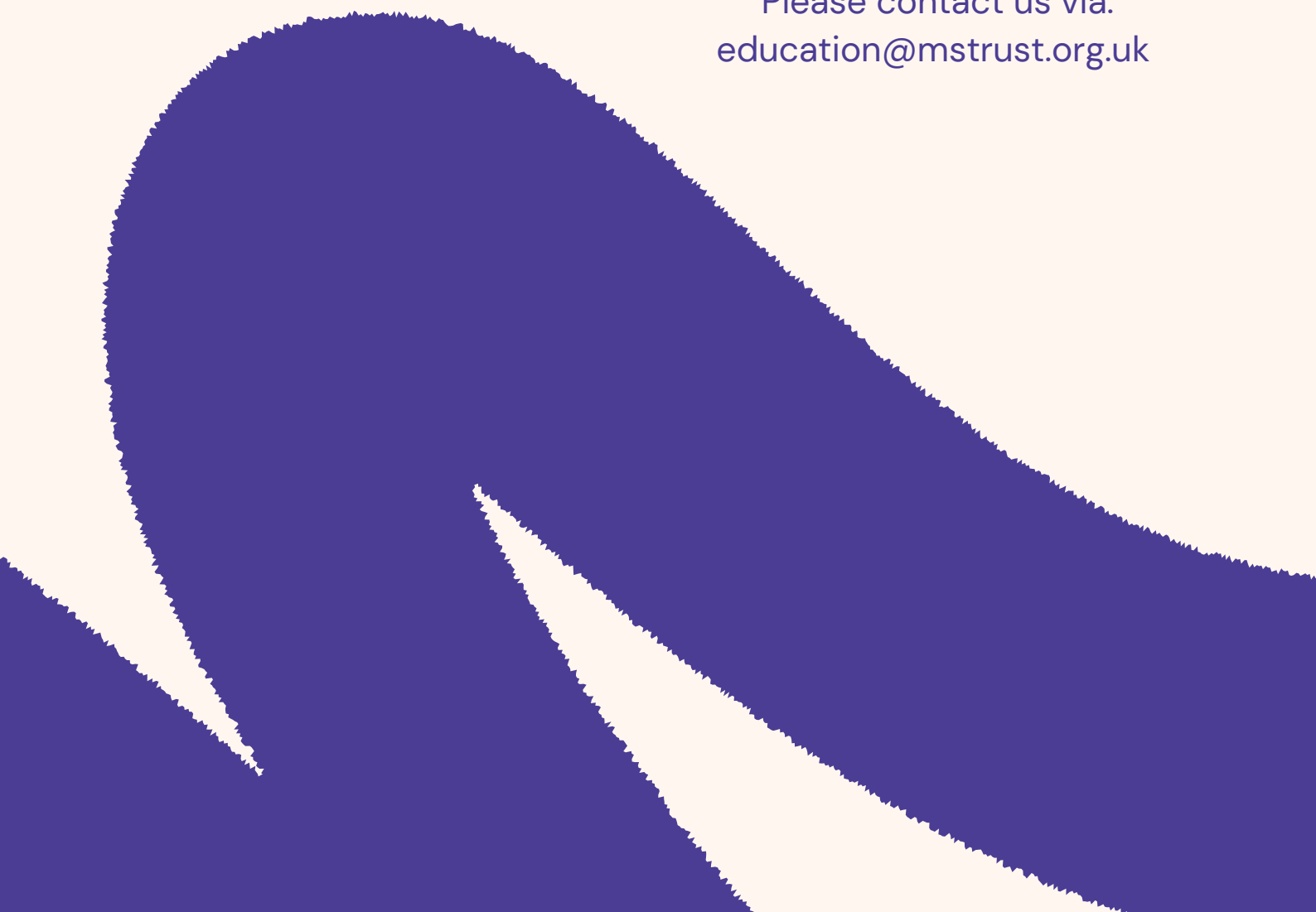


Welcome to MS Trust's Development module, which is accredited by CPD UK.

MS Trust is committed to driving excellence, equity and consistency in care for people living with multiple sclerosis. We work collaboratively across the MS community to strengthen education and support for healthcare professionals, and to improve outcomes and experiences for people with MS.

We hope that you find the module enjoyable and informative.

Please contact us via:
education@mstrust.org.uk

The bottom half of the page features large, abstract, organic shapes in shades of blue and purple, creating a modern, artistic background.

Monday



Foundations of Multiple Sclerosis

12:15 - 13:00: Lunch and registrations

13:00 - 13:15: Welcome to Development Module

Lucy Taylor, CEO, MS Trust

13:30 - 14:00: Welcome from Education team

Geraldine Conway, Education Manager, MS Trust
& Ruth Stross, Director of Services, MS Trust

Learning objectives:

- Clarify programme aims, expectations and structure
- Understand the learning journey across the week
- Establish a supportive learning community
- Working within the neuro MDT

14:00 - 14:45: Living with MS: A personal perspective

Learning objectives:

- Explore lived experience across diagnosis
- Understand psychosocial impact and everyday life practicalities
- Apply lived experience insights to person-centred care

14:45 - 15:15 Break

15:15 - 17:00: MS Explained: symptoms to diagnosis

Dr Niraj Mistry, Neurology Consultant University Hospitals
Birmingham NHS Foundation Trust

Learning objectives:

- Describe MS pathophysiology and disease patterns
- Understand diagnostic pathways and investigations
- Link functional neuroanatomy to presenting symptoms
- McDonald criteria
- Evolution of MS services and the MS MDT

Treatment and immunology

09:00 - 10:30 Immunology in MS: The science behind the disease

Dr Marie Voice, Birmingham City University

Learning objectives:

- Explain immune mechanisms relevant to MS
- Understand immunological risks including infection and autoimmunity
- Apply immunology knowledge to monitoring and treatment decisions

10:30 - 11:00 Break

11:00 - 12:45: Disease-modifying therapies: choosing, using and monitoring

Daisy Cam, Lead MS Clinical Nurse Specialist, Sheffield Teaching Hospitals NHS Foundation Trust & Dr David Paling, Consultant Neurologist, Sheffield Teaching Hospitals NHS Foundation Trust

Learning objectives:

- Understand classes and mechanisms of DMTs
- Recognise all monitoring needs, including blood monitoring, vaccination and safety considerations
- Support shared decision-making with people with MS

12:45 - 13:45 Lunch

13:45 - 15:30 Understanding progression in MS

Dr Floriana De Angelis, Consultant Neurologist, Luton and Dunstable University Hospitals NHS Foundation Trust & Rachel Dorsey Campbell, Consultant Pharmacist Neurology, Imperial College Healthcare NHS Trust

Learning objectives:

- Describe characteristics of progression in MS including terminology used
- Differentiate progression from relapse, ageing and comorbidity and how does this influence DMT management
- Apply progression concepts to care planning and early conversation with pwMS

Tuesday continued



Treatment and immunology

15:30 - 16:00 Break

16:00 - 17:45 Women's health across the MS journey

Professor Ruth Dobson, Centre lead, professor of clinical neurology & consultant neurologist, Centre for Preventive Neurology & Wolfson Institute of Population Health, Queen Mary University of London
and Dr Nichola Osborne, GP, Milford & Wistaria Surgeries, New Forest PCN & MOD Bulford Regional Rehabilitation Unit Doctor

Learning objectives:

- Understand MS-related reproductive and menopausal considerations
- Can we differentiate MS symptoms from hormonal change
- Introduction to bone health across a women's lifecycle

18:30 Pre dinner drink

18:45 Dinner

Understanding mind, energy and life in MS

09:00 - 11:00 Thinking clearly: cognitive impairment in MS

Dr Anita Rose, Consultant Clinical Neuropsychologist, South Newton
Hospital, Wiltshire

Learning objectives:

- Identify common cognitive impairment patterns in MS
- Explore assessment and management strategies
- How pwMS can manage cognitive impairment in everyday life

11:00 - 11:30 Break

11:30 - 12:45: Mind and mood: Psychological wellbeing in MS

Dr Anita Rose, Consultant Clinical Neuropsychologist, South Newton
Hospital, Wiltshire

Learning objectives:

- Recognise mood disorders and psychological distress
- Relevance of Mental health and Neurological conditions pathway
Dec 2025
- Understand interaction and blurring of lines between mood and
cognition
- Signpost to psychological support

12:45 - 13:45 Lunch

13:45 - 15:15 Energy, work and life roles: Fatigue and vocational rehabilitation

Elisha O'Brien, Highly specialist neurology occupational therapist,
University College London Hospitals NHS Foundation Trust

Learning objectives:

- Understand multifactorial causes of fatigue
- Explore fatigue management strategies
- Understand strategies to support people with MS in work
- Understand the legal framework and principles of
reasonable adjustments in the workplace
- Support participation in work and daily roles

Wednesday continued



Understanding mind, energy and life in MS

15:15 - 15:45 Break

15:45 - 17:15 Managing the jigsaw: co-morbidities and polypharmacy

Ruth Stross; Stavroula Charisi, Highly Specialist Pharmacist – MS,
University Hospital Southampton NHS Foundation Trust

Learning objectives:

- Identify common comorbidities in MS
- Understand polypharmacy and laboratory monitoring risks
- Apply clinical reasoning to complex medication decisions
- Vaccines
- Consider other autoimmune conditions

Thursday



Symptoms and Advanced care

08:30 -10:30 Hidden essentials: Bladder and bowel function in MS

Jenny Slough, Lead MS Nurse, University College London Hospitals NHS Foundation Trust & Michelle Hogan Tricks, Neurogenic Clinical Lead at Coloplast

Learning objectives:

- Recognise bladder and bowel dysfunction patterns
- Apply sensitive assessment approaches
- Understand referral and management pathways

10:30 - 11:00 Break

11:00 - 12:00 Intimacy and identity: Sexual health and MS

Michelle Hogan Tricks, Neurogenic Clinical Lead at Coloplast

Learning objectives:

- Understand sexual dysfunction in MS
- Increase confidence initiating conversations
- Signpost specialist support

12:00 - 13:00 Lunch

13:00 - 15:00 Movement matters: Spasticity and pain

Elizabeth Keenan, Nurse Consultant in Neuro-disability, University College London Hospitals NHS Foundation Trust & Katrina Buchanan, Consultant Physiotherapist, University College London Hospitals NHS Foundation Trust

Learning objectives:

- Understand drivers of spasticity and pain
- Mobility from diagnosis: Supporting long-term physical health
- Explore MDT assessment and interventions

Thursday continued



Symptoms and Advanced care

15:00 - 15:30 Break

15:30- 17:30 Managing complexity and palliative care in MS

Sarah Roderick, Head of Research and Engagement, MS Trust & Dr Ruth Isherwood, Consultant in Palliative Medicine, NHS Tayside

Learning objectives:

- Recognise complex needs in advanced MS
- When to initiate and how to manage complex conversations
- Understand palliative principles alongside active management
- Support coordinated and holistic multidisciplinary care

Professional development and consolidation

08:45 - 10:00 Developing as an MS Specialist practitioner

Michelle Davies, MS Service Lead and Specialist Practitioner, University Hospitals Dorset & Laura Carrington, MS Nurse Specialist, Leeds Teaching Hospitals NHS Foundation Trust

Learning objectives:

- Reflect on the MS specialist role
- Identify professional development pathways and boundaries
- Build confidence in clinical leadership
- MDT working & relationship building
- Complexity around appointments: setting agendas

10:00 - 11:15 Service Development and quality improvement

Michelle Davies, MS Service Lead and Specialist Practitioner, University Hospitals Dorset, & Laura Carrington, MS Nurse Specialist, Leeds Teaching Hospitals NHS Foundation Trust

Learning objectives:

- Case studies
- Understand service development principles
- Identify opportunities for improvement
- Translate learning into service change: working within the neuro MDT- Evolution of MS services
- Influencing skills: Understanding key priorities

11:15 - 11:45 Break

11:45 - 12:30 Self care and professional sustainability

Sarah Roderick, Head of Research and Engagement, MS Trust

Learning objectives:

- Recognise burnout and compassion fatigue
- Develop personal resilience strategies
- Promote sustainable professional practice

Friday continued

Professional development and consolidation

12:30 - 13:00 Reflections and programme summary

Geraldine Conway, Education Manager, MS Trust & Ruth Stross, Director of Services, MS Trust

Learning objectives:

- Consolidate learning from the programme
- Reflect on professional growth
- Plan next steps for practice development

Post programme reflective session

Participants are invited to attend a virtual reflective session 12 weeks post-programme. This session supports reflection, peer learning and application of learning into clinical practice.