



PROGRAMME

DEVELOPMENT OF MULTIPLE SCLEROSIS CARE AND MANAGEMENT FOR SPECIALISTS MODULE

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

Friday 19th March – Friday 26th March 2021

Via Zoom and on-line learning

FRIDAY 19th March 2021

14:00 Welcome, Zoom practice and group introductions

*Megan Roberts, Paru Naik and Delia Britter
Health Professional Programmes Team, MS Trust*

15:15 Overview of the MS Trust

David Martin, CEO, MS Trust

16:00 Close



MONDAY 22nd March 2021

9:15 Today's programme and getting started

Megan Roberts

9:25 What is MS?

Megan Roberts, Head of Health Professional Programmes, MS Trust

Learning Outcomes. *After this session you will be able to:*

- describe the 'types' of MS and how diagnosed
- consider the epidemiological data relating to MS
- understand the clinical process of the development of MS
- discuss the possibility of familial links

10:30 Break

11:00 A revision of neurophysiology

Dr Patricia Fell, Associate Professor (Learning and Teaching), Birmingham City University

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

12.15 Break

13:15 Understanding immunology

Dr Matthew Craner, Consultant Neurologist, Frimley Park Hospital

Learning Outcomes. *After this session you will be able to:*

- demonstrate a functional understanding of the immune system in relation to MS
- discuss the diagnosis of MS, and demonstrate an awareness of differential diagnoses

14:45 Break

15:15 Living with MS

Tracy Nicholson and Liz Thomson, Expert Patients

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 individual's may have when following the same pathway

16:30 Review of the day

Megan Roberts

17:00 Close

TUESDAY 23rd March 2021

9:00 Planning your assignment and introduction to MOODLE

This session is only for those who have opted to submit an assignment
Megan Roberts, Head of Health Professional Programmes, MS Trust and Amanda Andrews, Senior Teaching Fellow, Birmingham City University

10.30 Today's programme (ALL)

Megan Roberts

10:40 Interpreting results of blood monitoring for pwMS on DMDs

Dr Matthew Craner, Consultant Neurologist, Frimley Park Hospital

Learning Outcomes. *After this session you will:*

- 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

12:00 Break

13:00 Fatigue management for people with MS

Susan Hourihan, National Hospital for Neurology and Neurosurgery

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

14:15 Break

14:45 Bladder and bowel issues in MS

Noreen Barker, MS Nurse Consultant, The National Hospital for Neurology and Neurosurgery, 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
- discuss the different problems people with MS may have with bowel function and how these can be managed

16:00 Review of the day and networking

Megan Roberts, Paru Naik and Delia Britter

16:30 Close

WEDNESDAY 24th March 2021

9:15 Today's programme - Megan Roberts

9:25 Business planning workshop

Paru Naik, Director of Health Professional Programmes, MS Trust

Learning Outcomes. After this session you will:

- understand the key components of a business case
- be aware of the resources and people available to help them write a business case
- understand how to frame a successful business case

10.25 Break

10:45 Cognitive problems in MS

Dr Anita Rose, Director of Clinical Development for Renovo Care Group & 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 and have learnt how to use one of the measures
- know some possible strategies for dealing with cognitive impairments
- understand the pathology and prevalence of mood issues in MS
- be provided with tools to help recognise and assess mood issues

12:00 Break

13:00 Palliative care issues in MS

Dr Ruth Isherwood, Consultant in Palliative Medicine and Catherine Kelly, Nurse Specialist in Palliative Care, Strathcarron Hospice, Denny

Learning Outcomes. After this session you will:

- 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
- be able to develop strategies to support end of life decision making

14:15 Break

14:45 Advanced MS

Tania Burge, Advanced MS Champion, Southmead Hospital, Bristol and Nicola Hyslop, Advanced MS Champion, North Cumbria NHS Foundation Trust

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

16:15 Review of the day - Megan Roberts

16:30 Close

THURSDAY 25th March 2021

9:00 **Today's programme** - Megan Roberts

9:05 **Managing relapse and the acute deterioration of symptoms**

Noreen Barker, MS Nurse Consultant, The National Hospital for Neurology and Neurosurgery, London

Learning Outcomes. After this session you will:

- understand the definition of relapse and key moderating/mediating risk factors
- understand principles of managing relapse and use of steroid therapy
- understand the key elements of effective service model for managing acute episodes

10:35 Break

11:00 **Understanding and managing spasticity**

Katrina Buchanan, Consultant Physiotherapist, The National Hospital for Neurology and Neurosurgery, London

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
- be able to 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's level of spasticity

12:15 Break

13:15 **Pain management in MS**

Katherine Dyer, Lead Nurse, 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

14:30 Break

15:00 **MS, sex and sexuality**

Lesley Catterall and Denise Middleton, MS Clinical Specialists, Milton Keynes Community Health Services

Learning Outcomes. After this session you will be able to:

- describe sexual dysfunction as experienced by those affected by MS
- identify a structure/framework you could adopt when assessing and managing sexual issues
- develop 'comfortable' ways of communicating with patients about issues of sexuality and sexual dysfunction
- discuss how to manage some of the sexual difficulties people with MS may experience

16:30 **Review of the day and virtual quiz** - Megan Roberts, Paru Naik and Delia Britter

17:30 **Close**

FRIDAY 26th March 2021

9:15 Today's programme

Megan Roberts

9:20 Becoming a confident MS Specialist

Jon Maisey, MS Specialist Nurse, Leicester General Infirmary

Learning Outcomes. After this session you will:

- have considered how you will begin to implement your learning from this week
- will have a better understanding of how you move from novice to specialist in your role as an MS Specialist

9.45 MS Trust resources to help you meet the challenges and celebrate the opportunities of working in MS

Megan Roberts, Head of Health Professional Programmes and Claire Winchester, Head of Information and Engagement, MS Trust

Learning Outcomes. After this session you will:

- have considered the current NHS context for MS specialist practice
- be aware of the evidence available regarding the value and impact of MS specialist nursing
- have considered which MS Trust resources are most useful in developing your service or practice
- understand the role of the MS Trust information and engagement team
- have knowledge of the resources available from the MS Trust for people with MS

10:45 Break

11:00 Even NHS hero's need help sometimes (recorded 3 November 2020)

Professor Subodh Davé, Consultant Psychiatrist and Deputy Director of Undergraduate Medical Education, Derbyshire Healthcare Foundation Trust

12:00 Round up of the week

Megan Roberts

12.30 Close

13:30 Group tutorials for those who have enrolled with the University

Megan Roberts and Amanda Andrews

(Individual time slots to be confirmed by Megan and Amanda)

16:00 Close