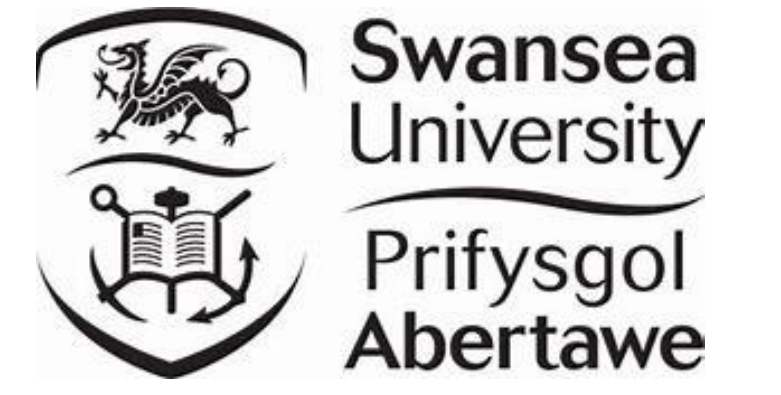


# Living Well With Multiple Sclerosis

## Educational Day



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### The Journey

It was identified that people with Progressive MS had specific educational needs and that a specialist educational day would help them to re-engage with the whole team. We aimed to update patients in key developments, collect assessments which would guide their future care, provide information to help patients with symptom management and inform them regarding the Advanced MS Champion.

***Life with Multiple Sclerosis is a journey and the emphasis on the day was self management.***



### The Event

Two events were held with support from the MS Society at rugby stadiums in our two main Health Boards, allowing for 100 people and their partners to be invited per event. Peer support was an integral part of the day



### The Programme

The programme was tailored to deliver specialist information on areas of need highlighted by patients prior to the meeting. The sessions included

- An update on current research
- An update on emerging treatments and local trial
- Specialist symptom management advice
- Positive psychology, including a patient story
- Fatigue management
- Dietary advice

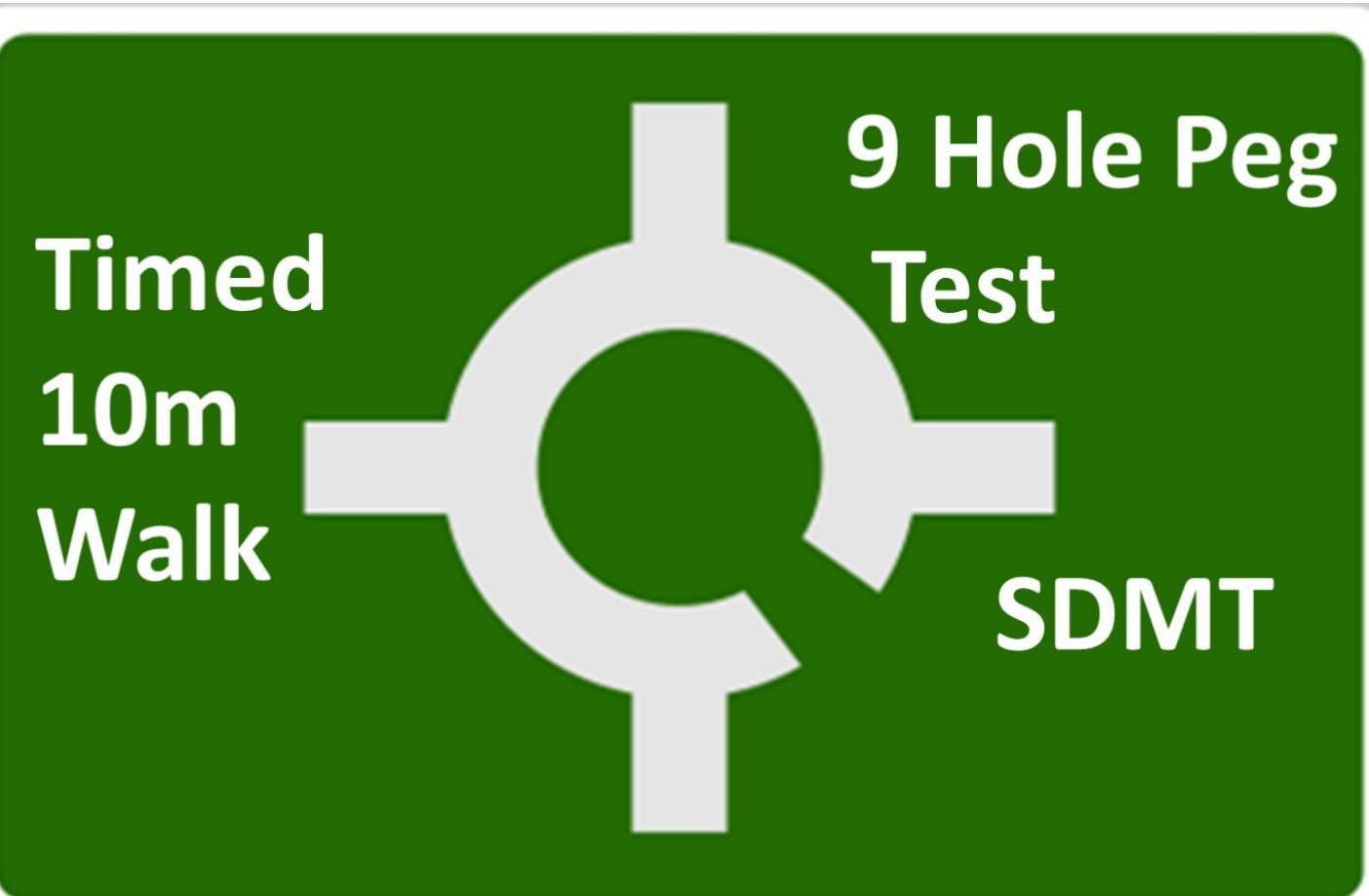


### The Stands

An area for stands was included with key local services involved in the care of our patients:

- Nightingale Nurses (continence products)
- local MS Society branches
- Help Me Quit
- local exercise on referral schemes,
- Welsh Driving Assessment Unit
- Functional Electrical Stimulation Team
- Physiotherapists.

These were accessed during breaks and an extended lunch that were intended to ensure people could interact with all staff and peers.



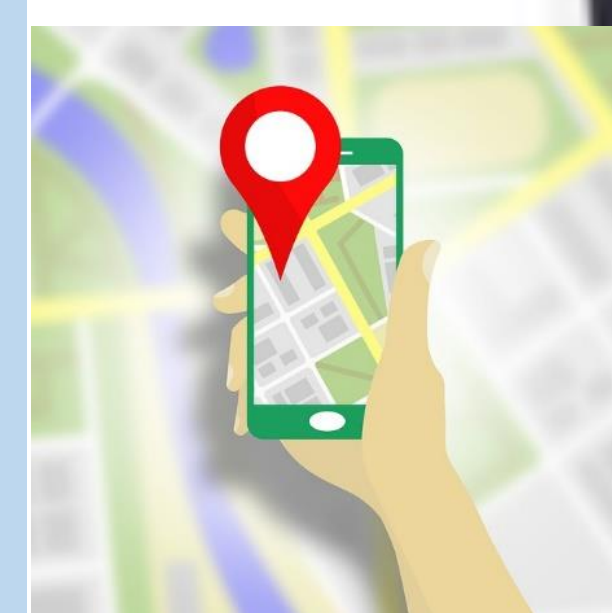
### The Assessments

Everyone completed a Timed 10m Walk, 9 Hole Peg test and a cognitive assessment (Symbol Digit Modalities Test). This was to ensure all patients had baseline scores to screen for trials and upcoming treatments.



### Conclusion

The event was a huge success. Data collected has already been invaluable in screening for a recent secondary progressive trial and as we screen our primary progressive patients for Ocrelizumab.



The team has developed 'Wellbeing sessions' for other groups of patients who would benefit from improved self management.

**Their journey continues....**

### Evaluation

Feedback for the event was excellent. People felt it was Informative, interesting and specifically appreciated the quality of the speakers.

Many felt the event was a great opportunity to talk informally with the team including the consultants outside of their routine specialist nurse led follow-up.

People valued the opportunity for networking and to make friends with peers.

### Disclosures

G Ingram has received honoraria and travel expenses from Biogen, Genzyme, Merck and Novartis and served on advisory boards for Merck.

OR Pearson has received honoraria and travel expenses from Biogen, Bayer, Genzyme, Merck, Novartis, Roche and Teva and served on advisory boards for Biogen, Novartis, Genzyme, Merck and Roche.

H Owen & P Evans have both received honoraria and travel expenses from Genzyme, Novartis and Roche.