



PROGRAMME

DEVELOPMENT MODULE IN CLINICAL MS SPECIALIST LEVEL

Accredited by Birmingham City University
(15 Credits at Level 3)



Monday 15th – Friday 19th March 2010

The Priory, Hitchin, Herts

DAY ONE – MONDAY 15th MARCH 2010

08.45 Coffee and registration

09.00 Welcome

Nicola Russell, Director of Services, MS Trust

09.30 What do you want to achieve from the course? The competency framework and what does it mean to be a specialist

Nicola Russell, Director of Services, MS Trust and Nicki Ward-Abel, Lecturer- Practitioner in MS, Birmingham City University

10.15 Explanation of the programme and the assignment

Nicki Ward-Abel, Lecturer - Practitioner in MS, Birmingham City University

11.15 Coffee

11.30 A revision of neurophysiology

Thomas Aird, Principal Lecturer, South Bank University

Learning Outcomes:

At the end of this session students 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*

13.15 Lunch

14.00 Course paperwork

Nicki Ward-Abel, Lecturer - Practitioner in MS, Birmingham City University

14.45 What is MS?

Dr Mohammed Sharief, Consultant Neurologist, Colchester Hospital

Learning Outcomes:

At the end of this session students will be able to:

- discuss the diagnosis of MS*
- describe the 'types' of MS and the advantages and disadvantages of this typology*
- consider the epidemiological data relating to MS*
- understand the clinical process of MS*

15.30 Tea

15.45 Assessment and diagnosis of MS

Dr Mohammed Sharief, Consultant Neurologist, Colchester Hospital

Learning Outcomes:

At the end of this session students will be able to:

- describe the comparative merits and limitations of different diagnostic tools*
- discuss the possibility of familial links in MS*
- demonstrate an awareness of differential diagnoses*
- appreciate how to give an MS diagnosis and its impact on the individual*

17.30 Close

DAY TWO – TUESDAY 16th MARCH 2010

09.00 Understanding immunology

Dr Paul Molyneux, Consultant Neurologist, West Suffolk NHS Trust

Learning Outcomes:

At the end of this session students will be able to:

- *demonstrate a functional understanding of the immune system in relation to MS*

10.30 Coffee

10.45 MS: a personal perspective

Tracy Nicholson, MS Trust

Learning Outcome:

At the end of this session students will have:

- *reflected on the impact of a diagnosis upon an individual and their family*

12:00 Break

12.15 The usage of steroids and cannabis in MS

Dr Omar Malik, Consultant Neurologist, Imperial College Healthcare NHS Trust, London

Learning Outcomes:

At the end of this session students will be able to:

- *understand the usage of steroid therapy during relapses - timing, dosage etc*
- *be aware of the possible role of cannabis in MS*

13.00 Lunch

13.45 The usage of disease modifying drugs in MS

Dr Omar Malik, Consultant Neurologist, Imperial College Healthcare NHS Trust, London

Learning Outcomes:

At the end of this session students will be able to:

- *understand the usage of the current disease modifying drugs, Avonex, Betaferon, Copaxone, Extavia, Rebif and Tysabri; in particular, consider the timing of usage in relation to the disease process*
- *be familiar with the ABN prescribing criteria*
- *be aware of any new therapies on the horizon*

14.45 Coffee

15.00 Practical issues relating to the disease modifying therapies for people with MS and the health professional (Part 1)

Mary Fraser, MS Specialist Nurse, Addenbrookes Hospital, Cambridge

Learning Outcomes:

At the end of this session students will be able to:

- *gain an understanding of side effect management & complications*

16.00 Practical issues relating to the disease modifying therapies for people with MS and the health professional (Part 2)

Mary Fraser, MS Specialist Nurse, Addenbrookes Hospital, Cambridge

Learning Outcomes:

During this session students will:

- *have practical 'hands on' use of the therapies*
- *discuss the implications for service development*

17.00 Close

DAY THREE – WEDNESDAY 17th MARCH 2010

09.00 Political issues relating to the MS world

Nicola Russell, Director of Services, MS Trust

Learning Outcomes:

At the end of this session students should have an increased awareness of:

- *NICE Guidelines for MS*
- *National Service Framework for Long-term Conditions*
- *DOH Risk Sharing Scheme*

10.00 Coffee

10.15 Cognition and recognising depression in patients with MS

Dr Amanda Stroud, Consultant Clinical Neuropsychologist, St. James' University Hospital, Leeds and Vicki Matthews, Nurse Advisor, MS Trust

Learning Outcomes:

At the end of this session students will:

- *know the types of cognitive difficulties that affect people with MS*
- *appreciate the impact of cognitive impairment on people with MS, their carers and their families*
- *know some possible strategies for dealing with cognitive impairments*
- *explain the pathology and prevalence of depression in MS*
- *begin developing methods of recognising and assessing depression*
- *be aware of possible treatments and strategies available*
- *know how to use the StayingSmart programme*

12.15 Break

12.30 Course paperwork

Nicki Ward-Abel, Lecturer - Practitioner in MS, Birmingham City University

13.00 Lunch

13.45 Fatigue Management for people with MS

Michelle Ennis, Clinical Tutor, University of Liverpool

Learning Outcomes:

At the end of this session students 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*

15.00 Coffee

15.15 Addressing the health needs and sexual problems of women with MS

Nicki Ward-Abel, Lecturer - Practitioner in MS, Birmingham City University

Learning Outcomes:

At the end of this session students will be able to:

- *discuss the gender health issues in the general population and contrast/compare the gender health issues in people with MS*
- *explore some of the strategies that the specialist can use with people with MS to address the issues*
- *explore the different ways in which health professionals can address these issues*

17.15 Close

DAY FOUR – THURSDAY 18th MARCH 2010

9.00 Understanding and managing spasticity

Liz Keenan, Spasticity Nurse Specialist, National Hospital for Neurology and Neurosurgery, London

Learning Outcomes:

At the end of this session students 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*
- communicate the role of all members of the MDT in spasticity assessment and management; identify available treatment options and their suitability depending on the individual's level of spasticity*

10.30 Coffee

10.45 Tutorial – How to manage your assessment

Nicki Ward-Abel, Lecturer - Practitioner in MS, Birmingham City University

12.00 Lunch

13.00 'End of Life' debate

Gwyneth Morgan, Senior Lecturer in Palliative Care, Birmingham City University

Learning Outcomes:

At the end of this session students will be able to:

- Define what is the End of Life Strategy and be able to articulate how it fits in with current health and social care service*
- Discuss the reality of end of life issues and establish the impact these have on the care provided*
- Discuss the variability in quality of the care that is provided at end of life*
- Debate the differing views that people hold on death and dying*

17.00 Close

19.30 Course Dinner

DAY FIVE – FRIDAY 19th MARCH 2010

09.00 Bladder and bowel issues in MS

Joanne Mangnall, Continence Advisor, Rotherham PCT

Learning Outcomes:

At the end of this session students 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*

10.45 Coffee

11.00 Support from the MS Trust

Information Officer, MS Trust

This session will provide:

- *a brief overview of the role of information provision in the management of MS*
- *an opportunity to explore the services provided by the MS Trust information*

11.45 Competencies and managing the MS specialist role – where do you go from here?

Vicki Matthews, Nurse Advisor, MS Trust and Nicki Ward-Abel, Lecturer - Practitioner in MS, Birmingham City University

Learning Outcomes:

At the end of this session students will be able to:

- *understand the structure of the competency framework*
- *know how to use the competency framework effectively*
- *determine a personal development pathway following the Development Module*

13.30 Summary and Close