

### **Intermodule Virtual Learning**

- **A coherent model of mind that enables people to self-screen and self-care to improve the mental well-being of both the professional and person with MS**  
Ruth Stross, MS Nurse Specialist, Epsom and St Helier University Hospitals NHS Trust & Jo Johnson, Consultant Neuropsychologist, Mind Your Head
- **Management of symptomatic problems in patients with MS**  
Dr Gerard Davies, Consultant Neurologist, Royal Free London NHS Foundation Trust
- **Pregnancy**  
Dr Ruth Dobson, Honorary Consultant Neurologist, Barts and The London School of Medicine
- **Managing the lymphopaenic MS patient**  
Dr Joanne Jones, Consultant Neurologist, Cambridge University Hospitals NHS Foundation Trust
- **Managing vaccinations in people with MS**  
Dr Monica Marta, Consultant Neurologist, Barts Health NHS Trust
- **Lifestyle interventions to improve MS outcomes**  
Dr Agne Straukiene, Consultant Neurologist, Torbay and South Devon NHS Foundation Trust
- **Basic epidemiology of MS**  
Prof Neil Robertson, Clinical Professor of Neurology, Institute of Psychological Medicine and Clinical Neurosciences, Cardiff University School of Medicine

**Day 1 – Thursday, 2 December 2021**

Each case will be discussed as a group followed by a presentation from the chair around the topic and the discussion.

**09:45 Registration and refreshments**

**10:00 Welcome, what's happened since we last met?**

Dr Nikos Evangelou, Clinical Associate Professor, University of Nottingham

**10:15 Epidemiology, statistics and data use**

Dr Afagh Garjani, Neurology Clinical Research Fellow, University of Nottingham & Dr Nikos Evangelou

**You diagnose a 23-year old woman as having optic neuritis. Her MRI shows two non-enhancing white matter lesions.**

- What is her chance of having MS?
- What are the MS mimics that need to be excluded?
- What is the chance of her developing MS?
- What has happened to the incidence of optic neuritis in the UK?
- Is this patient eligible for DMTs? What DMTs?
  - Prognostic studies on CIS
  - Should patients with CIS be treated

**12:15 Lunch**

**13:15 Pathophysiology**

Dr Nikos Evangelou

**You meet a 30 year old lady who has breakthrough disease after treatment with interferon-beta. She asks why the lesions on her scan enhance with gadolinium. She also asks how the various treatments you discuss will affect the MS disease process. Can you help answer her questions?**

- Psychological impact of ineffective treatment.
- Difference between induction and escalation
- Are MRI changes enough to change treatment, is this view widespread through the UK.
- What does it mean to treat-2-target of NEDA?
- Is NEDA a realistic and achievable treatment target in MS?
- Can we prevent patients developing progressive MS?

**15:15 Refreshment break**

**15:45 Symptom Management**

Dr Kate Petheram, Consultant Neurologist, South Tyneside & Sunderland NHS Foundation Trust & Ruth Stross, MS Nurse Specialist, Epsom and St Helier University Hospitals NHS Trust

**17:45 Delegate Project Presentations - Shortlisted 3 to present pre-recorded.**

Dr Kate Petheram

- Ciara O'Meara, Clinical Research Nurse in Neurology, University Hospital Galway
- Anna Hill, Pharmacist, Nottingham University Hospitals NHS Trust
- Alison Pease, MS Clinical Nurse Specialist, Birmingham Community Healthcare NHS Foundation Trust

**18:15 Voting opens & sessions close for day 1**

Dr Kate Petheram

**19:15 Pre-dinner drinks**

**19:45 Informal dinner**

**Day 2 – Friday, 3 December 2021**

**08:30 Registration**

**08:45 Feedback from the delegates – day 1 & Project winner announced.**

Dr David Paling, Consultant Neurologist, Sheffield Teaching Hospitals NHS Foundation Trust

**09:00 Complex Radiology MDT**

Dr David Paling

**A patient has come to your clinic. They have had an MRI scan of the brain which shows MS.**

- Role of additional investigations.
- Managing uncertainty
- Brain health.
- How can you best design the clinic.
- Radiologically isolated syndrome

**You are called to the neuro day care unit. A patient who has been on Natalizumab for 3 years has noticed cognitive symptoms.**

- What is PML?
- Radiology of PML and distinguishing PML from MS
- Differential diagnosis of PML
- Investigating PML
- How to assess and communicate PML risk?
- Derisking natalizumab treatment?

**Patient presenting with migraine and white matter lesions on MRI - report suggests that consistent with demyelination.**

- Differential radiology diagnosis of white matter lesions.
- Management of uncertainty
- Approach to un diagnosing MS

**A 32 year lady presents with 2 weeks history of headaches, aphasia and right sided weakness.**

- Differential diagnosis of brain lesions
- Role of additional investigations.
- Role and risks of brain biopsy

**A 28 year old man presents with progressive simultaneous visual loss and paraplegia.**

- Differential diagnosis of NMO and anti MOG disease.
- Radiology and blood tests.
- Treatment options (and treatments to avoid)

**11:00 Refreshments**

**11:30 Treatment**

Rachel Dorsey-Campbell, Neuroscience Pharmacist, Imperial College Healthcare NHS Trust

**You are working in a DMT clinic. The next patient is a 32 year old woman who tells you she plans to get pregnant in the next year. She has been treated with Fingolimod for the past 5 years having had relapse on glatiramer acetate. She is clinically stable and has a JC Virus titre of 1.16.**

- How would you advise her?
- What would her options be?
- How are you going to manage her during delivery and post-partum?
- She wants to breast-feed her baby; does this affect the way you are going to manage her?

**Your next patient is a 37 year old lady who is planning to start Cladribine. She asks you what tests that you will do and what she needs to do about vaccinations**

- Vaccinations and MS
- Timing with DMDs

**13:30 Lunch**

**14:15**

**Supportive care**

Dr Rachel Farrell, Consultant Neurologist, University College London Hospitals NHS Foundation Trust & Kelly Broome, Clinical Specialist Physiotherapist, University College London NHS Trust

**Revisit the 60yr old lady with progressive MS - any further suggestions from course learning/projects?**

- Discussions around when to refer to palliative care and by whom?
- Symptom management is also covered by palliative care/hospices - Joint working across MS and pall care
- Understanding of how palliative care services are funded ( NHS and private) and the implications for patient referrals

**57 year old man with progressive multiple sclerosis. For the last 2 years he has noticed an alteration in his walking ability with progressive bilateral foot drop. He is starting to fall and has had one fall with injury with fracture to his distal radius.**

- Use of orthotics and functional electronic splint.
- Physiotherapy and gait aids.
- Fampridine.

**54 year old lady with secondary progressive MS. She has been a wheelchair user for the last 5 years, and can just transfer independently. She is suffering with increased spasticity and spasms in her legs. She has tried baclofen and tizanidine and can't get to a dose that helps her symptoms without side effects.**

- Physiotherapy of spasticity.
- Use of botox
- Use of fampridine
- Use of intrathecal baclofen
- Appropriate treatment goals.

**62 year old man with secondary progressive MS. He has had a left arm action tremor of the last 4 years. Over the last year this has significantly worsened, has begun to affect his right arm, and is affecting his hand function to the extent that he is no longer able to eat and drink without assistance.**

- Medical management of tremor
- Neurosurgical management of tremor
- Physiotherapy and occupational therapy management of tremor

**16:15**

**Final remarks**

Dr David Paling

**16:30**

**Close and depart**



**MS Foundation MasterClass 13 Module 2**  
**2 & 3 December 2021 – Halifax Hall, Sheffield**