

Day 1 – Wednesday, 17 November 2021

13:00 Lunch, registration and check-in

14:00 Introduction, who are you and welcome

Dr Azza Ismail, Consultant Neurologist, Sheffield Teaching Hospitals NHS Foundation Trust &
Dr Riffat Tanveer, Consultant Neurologist, Lancashire Teaching Hospital NHS Foundation Trust

14:30 You are called to see a case with an internuclear ophthalmoplegia (INO) in casualty and an abnormal MRI suggestive of MS. 1-hour group discussion and 1-hour lecture

Dr Azza Ismail

- a. How are you going to confirm the location of the lesion?
- b. How do you diagnose MS?
- c. What MS mimics do you need to exclude?
- d. How do you profile the patient's prognosis at baseline?
- e. Is the patient eligible for DMTs?
- f. How do you de-risk the DMTs?

16:30 Refreshments

16:45 Your consultant asks you to see a young woman of 26 with her partner. She is coming for a scheduled follow-up appointment after a diagnostic work-up for MS. The consultant tells you she has MS. 1-hour group discussion and 1-hour lecture RT

Dr Riffat Tanveer

- a. How are you going to confirm the diagnosis of MS before seeing her?
- b. How are you going to tell her the diagnosis?
- c. How are you going to counsel her about her future disease course?
- d. She asks if she can have a family. What are you going to tell her?
- e. What is active MS, highly active MS and rapidly evolving severe MS?
- f. What is the difference between maintenance-escalation and immune reconstitution therapies? How are you to explain the difference to them between these two treatment options?

18:45 Final remarks

19:15 Pre-dinner drinks

19:45 Informal networking dinner

21:00 Close day 1

Day 2 – Thursday, 18 November 2021

08:30 Registration

08:45 Outline of day 2

Dr David Paling, Consultant Neurologist, Sheffield Teaching Hospitals NHS Foundation Trust & Dr Nikos Evangelou, Clinical Associate Professor, University of Nottingham & Dr Kate Petheram, Consultant Neurologist, South Tyneside & Sunderland NHS Foundation Trust

09:00 You are asked to do an MS follow-up clinic for your consultant

1-hour group discussion and 1-hour lecture

Dr Nikos Evangelou

- a. How are you going to prepare for the clinic?
- b. What information are you going to record in the medical notes?
- c. How are you going to investigate and manage an MS-bladder?
- d. How do you manage MS-related fatigue?
- e. Should you routinely screen for and manage MS-related cognitive impairment?

11:00 Refreshments and final check out

11:30 You attend your departments MS Research Day for patients with MS

1-hour group discussion and 1-hour lecture

Dr Kate Petheram

- a. How do you explain the cause of MS to the attendees?
- b. What are the latest treatments available for progressive MS?
- c. A woman attendee asks you about the risks of her children getting MS. What do you tell her?
- d. An attendee asks about stem cell therapy; how are you going to counsel her?

13:30 Lunch

14:30 A series of case studies of interest to trainees DP

Dr David Paling

- a. Case study of a rare presentation of MS
- b. A case study of MRI-normal MS
- c. A case study of an MS mimic
- d. A case study of a severe adverse reaction to one of the high-efficacy DMTs.

15:30 MS Quiz to test attendees attention and background knowledge 30 MCQs (30secs per question) and then 15 to go through the quiz.

Dr David Paling & Dr Kate Petheram

16:15 Conclusion, wrap-up and prize to quiz winner (McAlpine's textbook on Multiple Sclerosis)

16:30 Bus departs for the station