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Welcome to the packed second issue of 2021 of the 'Experts in MS' newsletter.

There's a lot to share this issue, including exciting news about our new dedicated professionals' forum; a webinar to support the prescribing of Sativex; and our new online FACETS facilitators' course.



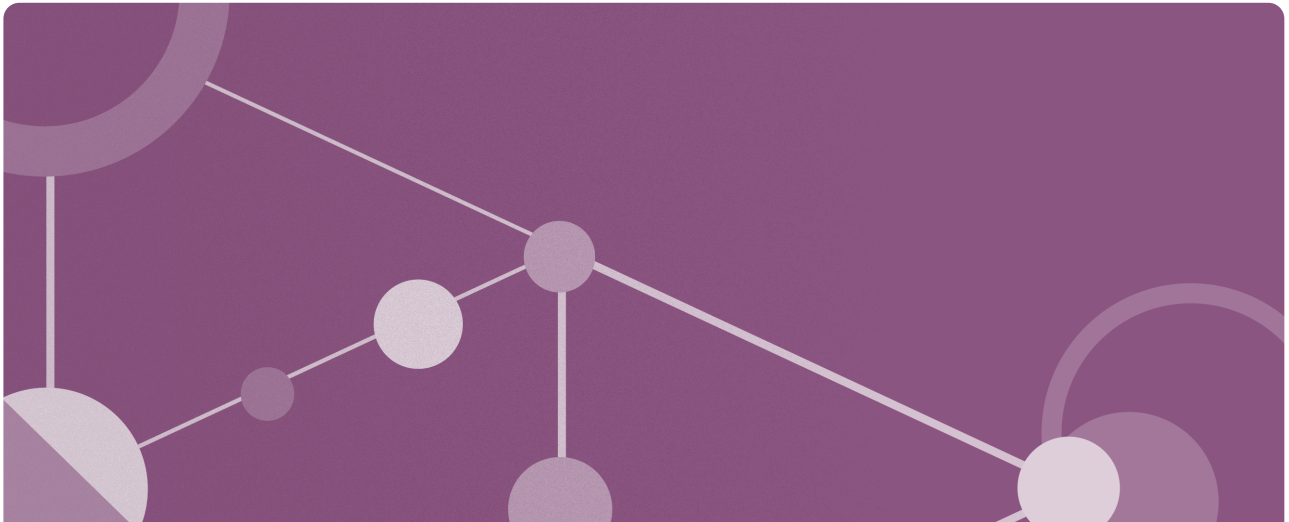
Join our Experts in MS forum

We've launched a new version of our forum, with a private space dedicated to professionals where you can share ideas, ask for advice and get support from one another. It's a safe space to let everyone know what

you're doing or get ideas from others to solve problems.

Sign up to the forum and let us know your email address at professionalnetwork@mssociety.org.uk so we can add you to the Experts in MS topic area.

[Join our forum →](#)



FACETS facilitators' training course

Our facilitators training course on FACETS is back up and running. We are running two courses this year on Zoom. One on June 22 and the other on October 12. The course will equip Health & Social care professionals to deliver FACETS, a six-week, group-based, fatigue management programme, online or face to face and enable participants to support people with MS to manage their MS related fatigue more effectively.

Sign up to the FACETS training course today.

[Sign up to the training course →](#)



Fatigue Management Pathway Online Survey

A **meta-analysis published last month** compared the effectiveness of different types of therapy for MS fatigue, including exercise and behavioural therapies, alone or in combination. There is strongest evidence for Cognitive Behavioural Therapy (CBT) in the management of fatigue in MS, but overall, there is a lack of high-quality evidence.

Researchers at King's College and the UK MS Register are gathering information on what already exists to help people with MS manage fatigue. They want to design new interventions that will work with and enhance what already exists and that's why we need to hear from you.

Please spare 10-15 minutes to share information on the fatigue support available in your area.

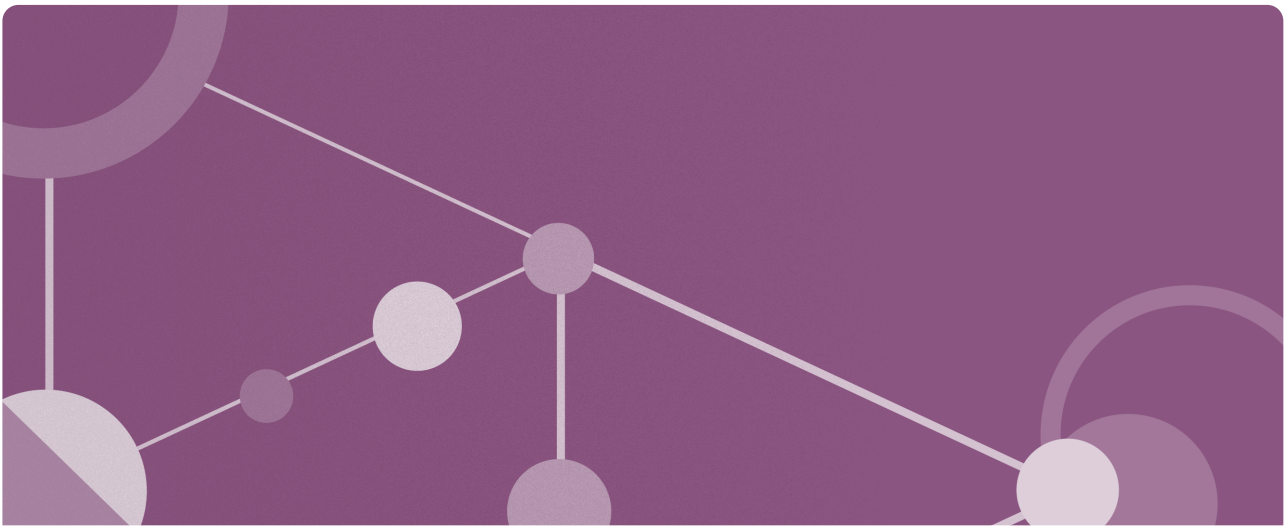
Take the survey →



Webinar: Prescribing Sativex for spasticity in MS

Join Dr Rachel Farrell, Consultant Neurologist, National Hospital as she shares her experiences of prescribing Sativex for patients with MS. She will talk about the importance of working with clinical colleagues in pharmacy, rehabilitation services and primary care to ensure eligible patients can access Sativex, and effective care protocols are in place.

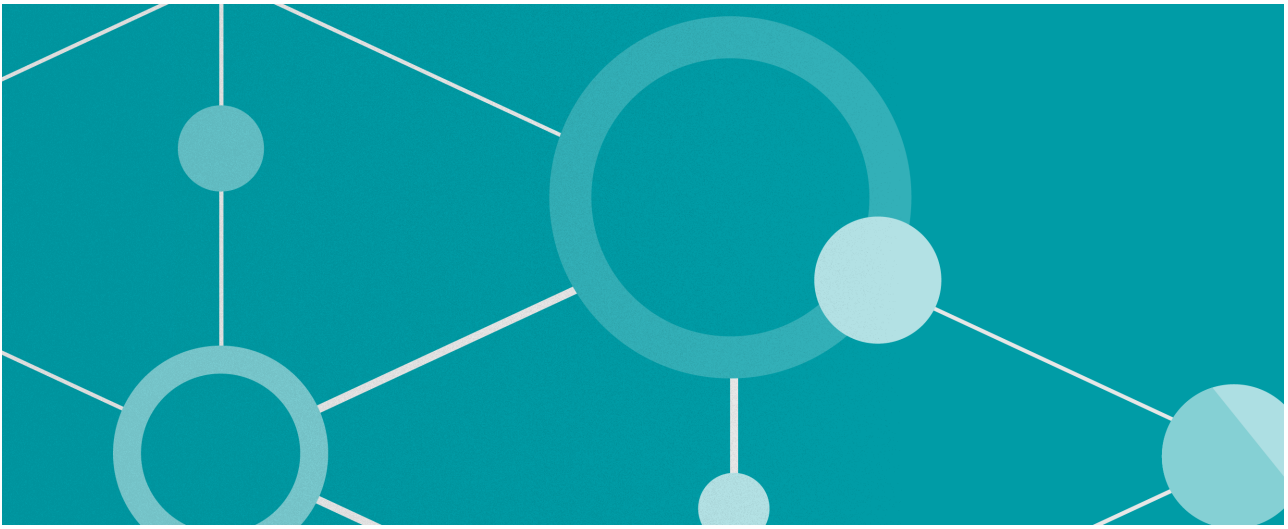
[Sign up to the webinar →](#)



Incontinence and MS podcast

Many people living with MS feel uncomfortable and embarrassed when talking about hidden issues like bladder problems. Join former nurse and person living with MS, Stuart, as he gives insight on how he has coped with declining bladder function and the specialist support he has received.

[Listen to the podcast →](#)



UK-wide Living Well digital programme

Living Well with MS offers free support to people affected by MS across the UK. Well-being sessions and information webinars aim to help people manage their condition and reduce the impact it has on their quality of life.

More information about all our UK-Wide Living Well Services and how to book can be found on our website.

[Find out more and sign up →](#)

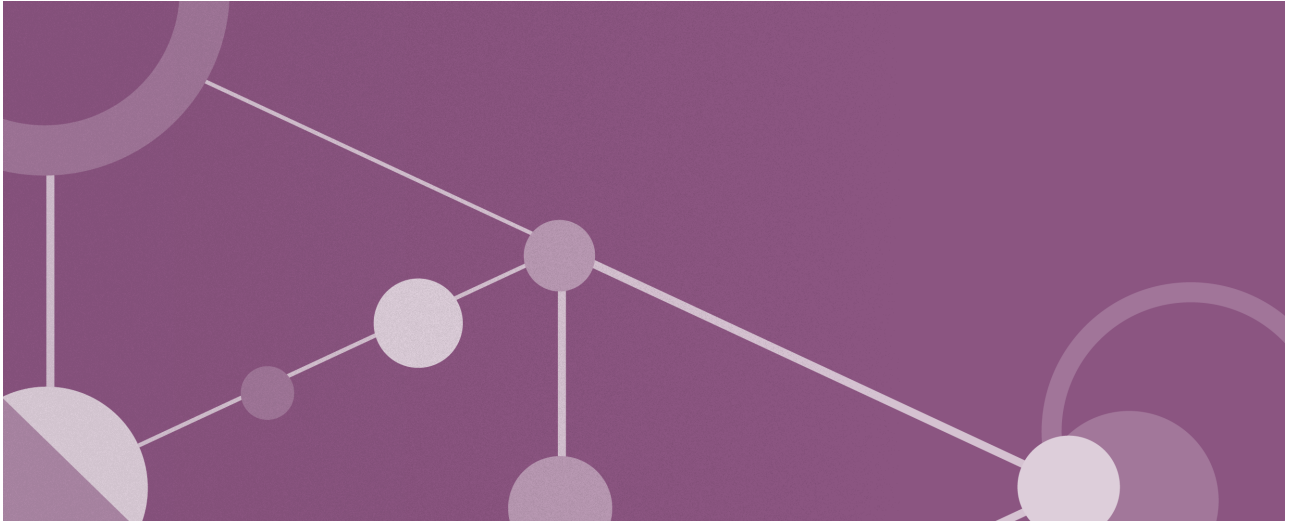


Refer someone to Move More with MS

Our Move More with MS service supports people living with MS to become more physically active. Our experts specialists provide 1 to 1 bespoke support on living a healthier lifestyle, helping to set goals and signing posting to information and resource.

As a Healthcare Professional, you can refer a person living with MS to the 'Moving More with MS' service by completing an online form.

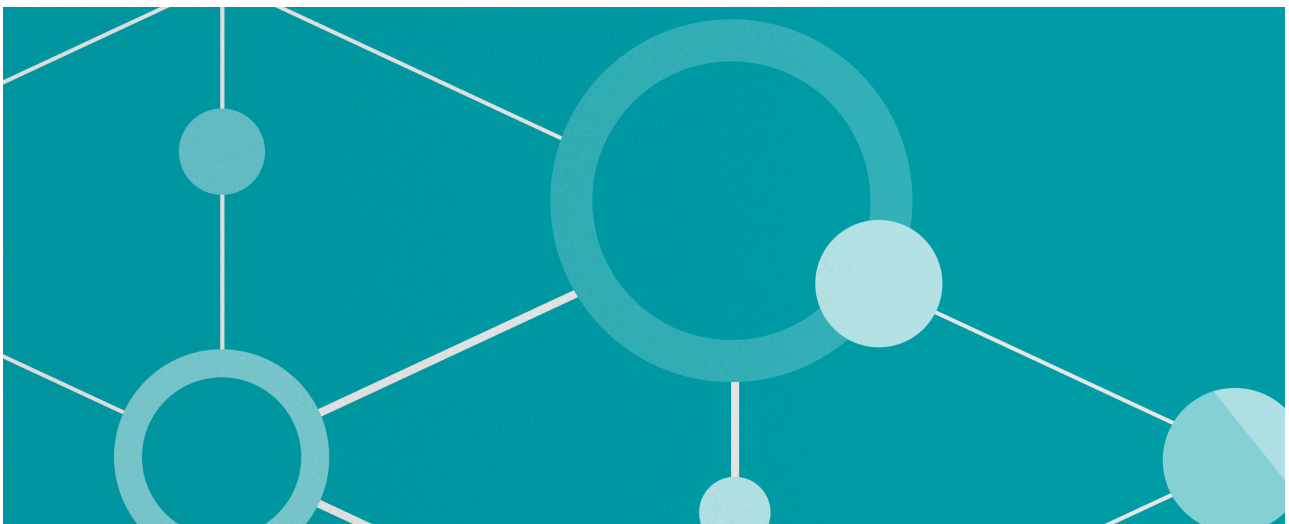
[Refer someone to the service →](#)



MS and Employment: Parliamentary inquiry

The All-Party Parliamentary Group (APPG) for MS is holding an inquiry into the experiences of employment for people with MS. We want to hear from Healthcare Professionals that support people with MS and understand any existing employment support you offer, and challenges that exist to offering this.

[Take the survey →](#)



MS Academy MasterClasses

MS Foundation MasterClass: The ideal course for those who have a solid grounding in neurology but want to develop a special interest in MS. This course aims to provide an introduction and broad overview of the modern management of MS, including diagnosis and current treatment options

>> [Find out more about the MasterClass](#)

MS Advanced MasterClass: This course is the ultimate in specialism development and requires attendees to have a strong background and experience in MS as a starting point. Practically applicable learning tackles specific issues around the management of MS, such as de-risking MS DMTs or tackling the variation in MS care or service access in the UK

>> [Find out more about the MasterClass](#)

Let's stop MS together



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