

Welcome to the December 2023 issue

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Welcome to the final 2023 issue of the 'Experts in MS' newsletter.

In this issue, we cover the [latest blog from Dr Agne Straukiene](#), a new [pathway model to support patients with MS](#) during a hospital stay, and a new toolkit to enable people with neurological conditions to be more active – timely for those New Year resolutions!



The Quiet Fire within

Why overlooking 'Smouldering' MS is no longer acceptable

Embark on a transformative journey with MS Neurologist Dr. Agne Straukiene's enlightening blog on 'smouldering' MS. Unveil the hidden layers of Multiple Sclerosis, akin to discovering an unseen flame beneath an iceberg's surface.

This is a call to action for healthcare professionals. It illuminates oft-overlooked aspects of MS, championing a holistic approach to care. Broaden your understanding, foster empathy, and revolutionise MS management.

Collectively ignite a paradigm shift in MS care, unlocking new frontiers in patient well-being.

[Read the blog →](#)



Get Active toolkit: Neurological conditions

A toolkit for organisations wishing to support people living with neurological conditions to be physically active - developed as part of the Access to Exercise Pathway project.

It's ideal for a broad range of people, from those living with a condition to those commissioning and delivering health and wellbeing. It explains how the Neuro Therapy Centre developed this project in West Cheshire with many different partners – including Brio Leisure, The Walton Centre, Parkinson's UK, the MS Society and Sheffield Hallam University.

The toolkit outlines how other services can adopt this approach - including training for exercise professionals, managing referrals and working with leisure services.

[Get the toolkit →](#)



New Pathway to support MS patients on General Wards

Following on from our webinar earlier this year we have now published the new pathway to support health care professionals in promoting faster and safer discharge for patients with Progressive MS from hospital wards.

The pathway provides simple prompts for key action points, such as continence, spasticity, dehydration and infection, that need addressing when caring for someone with progressive MS on a hospital ward.

This can help prevent deterioration, reduce their length of stay and promote speedier and safer discharge homes.

[Download the pathway/ Watch the webinar →](#)



Latest research

New research shows dose of cladribine treatment may predict the risk of future relapses and lesions.

Researchers in London found that people who got new relapses or lesions after treatment with cladribine were more likely to have had recent relapses and lesions before they took the drug and had a smaller second dose of cladribine.

[Get more research stories →](#)



Using talking therapy to stay at work

We know people with MS are disproportionately leaving work, often earlier than they would like. And two-thirds of people with MS in the UK experience problems at work.

Dr. Charlotte Wicks is a postdoctoral researcher at Leeds Teaching Hospital. She told us about her research, which looks at helping people with MS stay in work as long as they'd like.

Acceptance and Commitment Therapy (ACT) can help people to stay in work because it can increase people's self-belief in their ability to succeed.

[Find out more about ACT →](#)



We at Experts in MS, and the MS Society, would like to wish you all a very happy and peaceful festive break.

Thank you for all the fantastic work supporting people with MS this year.

We look forward to seeing you all in 2024.



Tell us what you need

Let us know the kind of information and resources you'd like us to produce, and how useful our information is.

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