

Welcome to the June issue

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Welcome to the June edition of the 'Experts in MS' newsletter. Find out about new clinical pathways, learn about fampridine and neurorehabilitation, and know more about the general election!



MS prevalence and incidence

We estimate there are over 150,000 people with MS in the UK, and that nearly 7,100 people are newly diagnosed each year. Our new estimates

were developed using The Health Improvement Network (THIN) Database.

[Find out more about the new prevalence finding →](#)



FES webinar (Northern Ireland)

On **Thursday 4 July at 7pm**, we will be holding a webinar on the new Regional FES service based in the Belfast City Hospital.

Shona Pryde, the lead for the new service, will be delivering the webinar to give people living with MS an overview of what FES is, eligibility criteria, how the service will work and what they can do if they think FES might help them. There will also be an opportunity to ask Shona questions about the service.

The **webinar is free to attend** and is open to anyone affected by MS or who works with people affected by MS. Share this with anyone in your networks – and encourage them to book their place and join us on 4 July.

[Register for the webinar >>](#)

Fampridine awareness webinar

Our recent Fampridine Awareness webinar is now available to watch on our website. In the webinar, Dr Marguerite Hill, Consultant Neurologist in MS and Lynne Watson, Clinical Specialist Physiotherapist at Morriston Hospital, share their knowledge and insight of prescribing fampridine and delivering extensive fampridine clinics.

The session includes sharing how the fampridine service was developed, how it is administered, eligibility, benefits, side effects and patient outcomes. Martin Mitchell, who uses fampridine, also shares his experiences of taking the drug.

[Watch the webinar >>](#)

Neurology Academy Masterclasses

The Neurology Academy have announced November dates for 2 new Masterclasses.

Spasticity

This course is designed for healthcare professionals with a good knowledge of spasticity, its management and treatment optimisation. Deepen your expertise and manage complex cases with confidence.

[Register for the Spasticity masterclass >>](#)

Palliative Care

This Masterclass is designed for healthcare professionals to develop a dual skillset in neurological palliative care. Ideal for experienced healthcare professionals within neurology, medicine for the elderly, and palliative care.

[Register for the Palliative care masterclass >>](#)



Optimal pathways

These are designed to enable services to address gaps in provision, provide the best care and treatment at the right time and place, and to work to established standards.

The optimal **clinical pathway for MS** was developed by the National Neurological Advisory Group (NNAG) and a working group of MS healthcare professionals. It sets out care and support for patients with MS through every step of their journey.

The **neuro-rehab pathway** sets out what good treatment, care and support looks like. It sets out goals for good care and supports the improvement of services.

[Find out more about pathways →](#)



Latest research

Infections and progressive MS

Our funded research found inflammation caused by infections, like colds and viruses, could contribute to progression of MS. It found that inflammation from infections was associated with the loss of nerve cells in the spinal cord.

This research highlights the importance of seeking early treatment for infections and keeping up to date with vaccinations people with MS are eligible for.

[Access the research paper >>](#)

Exploring access to community neurorehabilitation

We have been focusing on neurorehabilitation recently and one of the professionals we work with has recently produced a research paper exploring access to community neurorehabilitation for people with progressive neurological conditions.

The paper identified six fundamentals of good access as well as four key themes. Some of the fundamentals included recognition of need, single access point and self-management with community support. It also provides insight into our understanding of the complexity and the roles and needs of people with PNCs and HCPs, in accessing community neurorehabilitation.

[Read the full paper >>](#)



Upskilling: UK MS Register Data Academy

More and more, research into MS requires skills in manipulating and analysing large healthcare data sets. To conduct high quality research, you need to make sure you are using the best tools and techniques available.

The UK MS Register team at Swansea University have a unique offer for you - the chance to learn to use one of these tools ('R') on synthetic data from the MS Register clinical and self-reported datasets.

The course is suitable for health researchers with little or no experience in the analysis of population health data; Early Career researchers; and those working in the NHS, academia or medical research charities.

Dates: 28 and 29 October 2024

Location: MS Society offices, London

Cost: £50 for two days (lunch and refreshments included)

[Register your interest →](#)



Digesting Science

Have you heard of Digesting Science? It's a facilitated session of fun games and activities to help parents explain MS to their children.

We've recently worked with the MS nurse in Guernsey who was keen to offer an opportunity to help families learn and talk about MS together, she was thrilled with the resources and how the activities enabled greater interactions between families.

[Get in touch to find out how we can help run a session in your area>>](#)



Open letter to next PM

We want to send a clear message to the next Prime Minister: people with MS deserve better.

Postcode lotteries and staff shortages mean people with MS are missing out on groundbreaking treatments. Essential specialist care should not be out of reach for anyone who needs it. Will you join us in calling for the next Prime Minister to make the changes people with MS need?

[Sign our open letter to speak up for MS →](#)

Tell us what you need

Let us know the kind of information and resources you'd like to receive, and if you found our information useful.

[Have your say>>](#)

Get in touch and spread the word!

We want to hear from you. If you want to spotlight your services, have ideas for content, or would like to submit articles, [email the team](#).

Please do share this with a friend or colleague, it's very easy to sign up.

Let's stop MS together



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