

MS Nurse PROfessional (MS Nurse PRO)

- . Yves Brand – European Multiple Sclerosis Platform
- . MS Nurse Pro
- . “Planning for health professions: how to act on skills needs” 6-7 February - Brussels

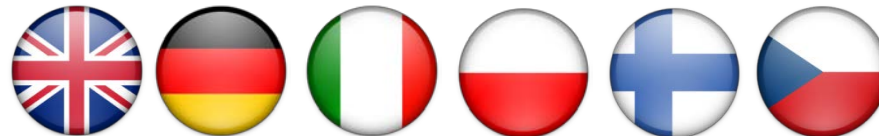
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Novartis	Biogen
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MS society Norway	MS society Poland
RIMS	IOMSN
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The MS-NEED European Survey

- **Multiple Sclerosis – Nurse Empowering EDucation (MS-NEED) – Collective of EMSP-RIMS and IOMSN**
- **The first major European-wide survey of nurses involved in the care of MS launched in 2010**
- **280 MS nurses were polled in total for the survey**

Countries

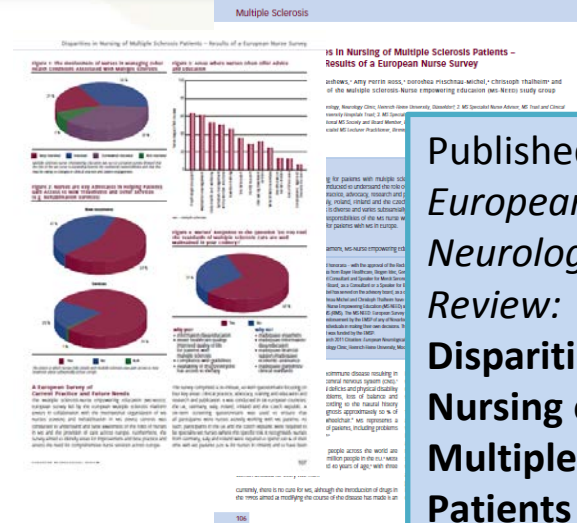


Respondent Type

MS Specialist nurses / nurses seeing people with MS

Data Collection Method

CATI (Computer Assisted Telephone Interviewing)



Published in the *European Neurological Review*: **Disparities in Nursing of Multiple Sclerosis Patients – Results of a European Nurse Survey**



MS-NEED: Results

A third of nurses felt that **standards are not well maintained** in their country

Almost a quarter (21%) felt that there **was not enough training and education** to support them in their day-to-day role in MS

The role is expanding as MS nurses are:

- Managing other health conditions associated with MS – 21% very involved, 35% involved
- Helping PwMS gain access to new treatments – 59%
- Helping PwMS gain access to other services e.g. rehabilitation services – 79%

The role is changing with over 60% of MS nurses providing psychological support and medication management

Challenging the current perception within the MDT with 21% of nurses **moving towards a leadership role**

Additional studies – State of MS Nursing

- Need for more MS nurses (UK – Romania)
- Changing landscape (new treatments)
- Demanding workload
- Often no home-care system
- No specialization in MS (some countries not even on neurology)

What is MS Nurse PROfessional?

A foundation course, currently available in **Eleven** languages – Czech, Dutch, English, French, Italian, German, Polish, Spanish, Norwegian, Greek and Romanian

A modular, online training curriculum to support the evolving role of European MS nurses

Focused on core competency of MS nurses including advocacy/ brokerage, health education, symptom and treatment management

Setting a benchmark for MS nursing practice and nursing care across Europe



A Project of the European Multiple Sclerosis Platform

Module 1
Understanding MS

Module 2
Clinical Presentation

Module 3
Diagnosis and Assessment

Module 4
Treatment

Module 5
Care and Support

Welcome to MS Nurse Professional

Introducing our Modules



Module 1
Understanding MS



Module 4
Treatment



Module 2
Clinical Presentation



Module 5
Care and Support



Module 3
Diagnosis and Assessment



Please listen to/read this short introduction before you begin this CME-accredited training curriculum on Multiple Sclerosis (MS) for some tips and assistance to help you get the best from this website.

How do I complete the training curriculum and obtain my education credits?

You must first register your details on the website before you can begin the training curriculum. Please click on the "Register" button and follow the instructions to complete the registration

1.0 Introduction >>

2.0 Types and Clinical Features >>

3.0 Typical Signs and Symptoms >>

4.0 Differentiating Between Initial Clinical Presentation and a Relapse

4.1 Learning Objectives

4.2 What is a Relapse?

4.3 Role of Nurse

4.4 Summary

4.0 Differentiating Between Initial Clinical Presentation and a Relapse

4.1 Learning Objectives



It is important that a MS Nurse is able to distinguish the features of a relapse. This section will outline the features of a relapse and how the MS Nurse can distinguish a relapse from initial clinical presentation.

After review of this section, you should be better able to:

- Describe the features of an MS relapse
- Identify key questions to ask a person with MS who you suspect is experiencing a relapse
- Assist a person with MS to differentiate between fluctuation in symptoms, relapse and potential infection, and to understand trigger factors.

[Click here for a more detailed review of identifying a relapse in MS](#)

Click-on features provide additional in-depth information

Supplementary information provided in a separate pop-up box

Agent	Dose	Adverse Events	Comments
Amantadine	100 mg twice daily. If tolerance develops a drug 'holiday' of 2 to 3 weeks can be used to prolong therapeutic benefits ¹ .	In general well tolerated (<10% of patients discontinues therapy in clinical studies) Generally mild: Vivid dreams Nausea Hyperactivity Anxiety Insomnia Constipation Rash Much less commonly: Hallucinations ¹⁰⁶	Usual first-line therapy
Modafinil	100-200 mg daily (usually, the second dose is taken before 2pm to avoid insomnia)	Generally well tolerated: Most commonly: Nausea Constipation Nervousness Restlessness Loss of appetite ¹ . Insomnia is a possible event but was not reported in the MS trials ¹⁰⁶ Rare but serious events include skin reactions, psychiatric adverse effects and hypertension	



Table 18: Pharmacologic therapy for fatigue

- 1.0 Introduction >>
- 2.0 MS Demographics >>
- 3.0 Understanding the Causes of MS** ▾
- 3.1 Introduction
- 3.2 Recommended Reading
- 3.3 Learning Objectives
- 3.4 Nervous System Structure**
 - 3.4.1 Spinal Cord
 - 3.4.2 Summary
- 3.5 Immune System Function
- 3.6 Pathophysiology
- 4.0 Symptoms and Pathophysiology
- Summary of Module

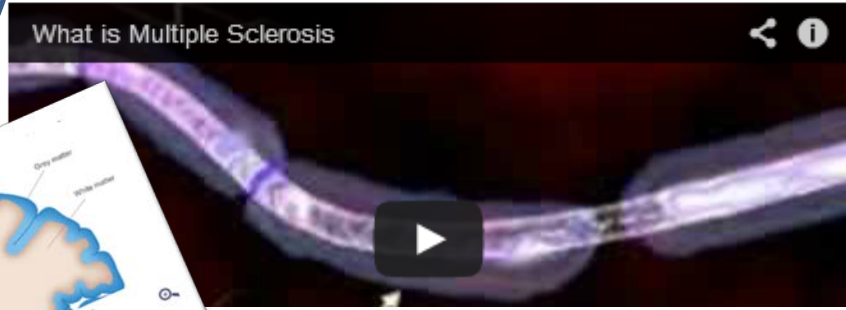
3.4 Overall Structure of the Healthy Nervous System



CNS



What is MS?



Icons help learners navigate their way through the module

Flashing icons are interactive icons – click on these icons for extra information

Illustrations, graphics and video clips assist the learning experience

4.0 Emotional and Psychological Support >>

5.0 Symptom Management >>

6.0 Health Screening >>

7.0 Women's Health >>

8.0 Sexuality and Sexual Function >>

9.0 Lifestyle Management ▾

9.1 Learning Objectives

9.2 Healthier Lifestyle

9.3 Financial and Vocational

9.4 Daily Living

9.5 Leisure and Sport



The turmoil of emotions which may occur in response to the onset of disability, impacts upon the partner and may alter their need for autonomy and intimacy. A change in roles within a relationship from an equal partnership to one of 'carer' and 'cared for' substantially alters the dynamics of the relationship¹⁴⁶. In addition the effects of cognitive changes on the relationship may need to be addressed. Some couples may adjust and adapt to a new type of relationship but others may experience difficulty. Identified risk factors within relationships are the presence of a progressive condition, marriages begun before the onset of disability and the presence of a sexual dysfunction¹⁴⁷⁻¹⁵⁰. The importance of intimacy and communication within couples is vital as people often have difficulty talking about problems with each other.

For those people with MS who care for their children at home, the stress, guilt, and fatigue these people experience while keeping up with the physical and emotional demands of a young child or children can be particularly difficult to endure. Developing support systems and backup plans for when these patients may need extra rest or childcare assistance can help them manage their child-related responsibilities.¹⁵¹



What might be the needs of the family and others when someone is diagnosed or living with MS and what might you do to support and inform them?

Family issues are often overlooked during the nursing assessment as patients may find it difficult to discuss these issues. Many patients do not feel comfortable sharing the concerns they may have about the impact of MS on their social

Nursing tips focus on the personal experiences of leading MS Nurses

These are identified with a pale pink nurses' hat icon – learner can click on the icon for tips relating to different issues they might encounter in their day-to-day practice

Care and Support \ Clinical Cases \ Case 1

- 1.0 Introduction >>
- 2.0 Communication and Trust >>
- 3.0 Education and Empowerment >>
- 4.0 Emotional and Psychological Support >>
- 5.0 Symptom Management >>
- 6.0 Health Screening >>
- 7.0 Women's Health >>
- 8.0 Sexuality and Sexual Function >>
- 9.0 Lifestyle Management >>
- 10.0 Role of Nurse >>
- Summary of Module >>
- Accreditation Test >>
- Recommended Reading >>
- Full References >>
- Clinical Cases >>**

Case 1: Supporting People with Advanced MS



Management Issue 1:

What next steps would be appropriate for this patient to help develop a future management plan?

Answer 1: Request an MRI scan

Answer 2: Seek review/referral to other members of the multidisciplinary team in order to provide the rehabilitation expertise that is needed to address the issues. Jane is experiencing

Answer 3: Recommend that the patient stops working immediately

Answer 4: All of the above

Submit

Clinical cases apply the content to real-world clinical scenarios

Page 1 of 3

- 1.0 Introduction >>
- 2.0 MS Demographics >>
- 3.0 Understanding the Causes of MS >>
- 4.0 Symptoms and Pathophysiology >>
- Summary of Module >>

Accreditation Test ▾

Take Test

- Evaluate Module
- Recommended Reading >>
- Full References >>
- Clinical Cases >>

Module 1: Understanding Multiple Sclerosis

Accreditation

Please answer all of the following questions by selecting the best answer. You must achieve a minimum score of 75% to successfully complete the module and earn credits.

1. Which of the following statements about the epidemiology of MS across the world is true?

- a) The distribution of MS appears to have no relationship to geographical location and genetic background
- b) The median estimated incidence of MS is greatest in the Eastern Mediterranean and lowest in Africa
- c) Worldwide, it is estimated that up to 2.5 million people are affected by MS
- d) MS is more common in warmer climates

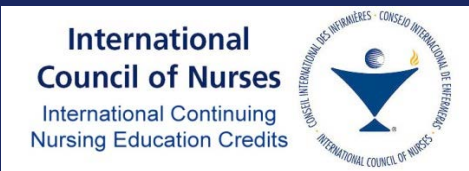
2. Which of the following European countries reports the highest estimated incidence of MS?

- a) Germany
- b) Iceland

Online accreditation test available for each module. Pass mark of 75% or more must be obtained for each module to obtain certificate of credit

Widely accredited and endorsed

Accreditations



Endorsements



EUROPEAN
MULTIPLE SCLEROSIS
PLATFORM



Vital statistics: 4,740 registered users

Spain
1,947



Italy
947



UK
459



Germany
260



Ireland
166



Belgium
117



Czech Rep
77



Switzerland
76



Austria
46



France
21



Brazil
15



Argentina
13



USA
12



Greece
11



10

- Australia

6

- India
- Turkey
- Norway

4

- Denmark
- Portugal
- Romania

2

- Slovakia
- Colombia
- Hong Kong
- Nigeria
- Philippines
- Taiwan
- Venezuela

1

- Albania
- Singapore
- Chile
- China
- Cyprus
- Grenada
- Israel
- Lebanon
- Malta
- New Zealand
- Peru
- Puerto Rico
- Qatar
- Sweden
- Thailand
- Emirates

11

- Netherlands

19

- Poland

7

- Mexico
- Hungary
- Canada

3

- Saudi Arabia
- Finland
- South Africa
- South Korea

Content Refreshment

- There is an on-going review of MS Nurse *PROfessional* educational modules to ensure the content is up-to-date and accurate
- The benchmarking survey, started in 2014, will help to support the on-going evaluation of MS Nurse *PROfessional* so the content meets the needs of its users



Changing Clinical Practice

A benchmarking survey is carried out 6 months following course completion to measure impact on practice

- **83%** of those surveyed have changed the way they practice as a result of MS Nurse *PRO*fessional

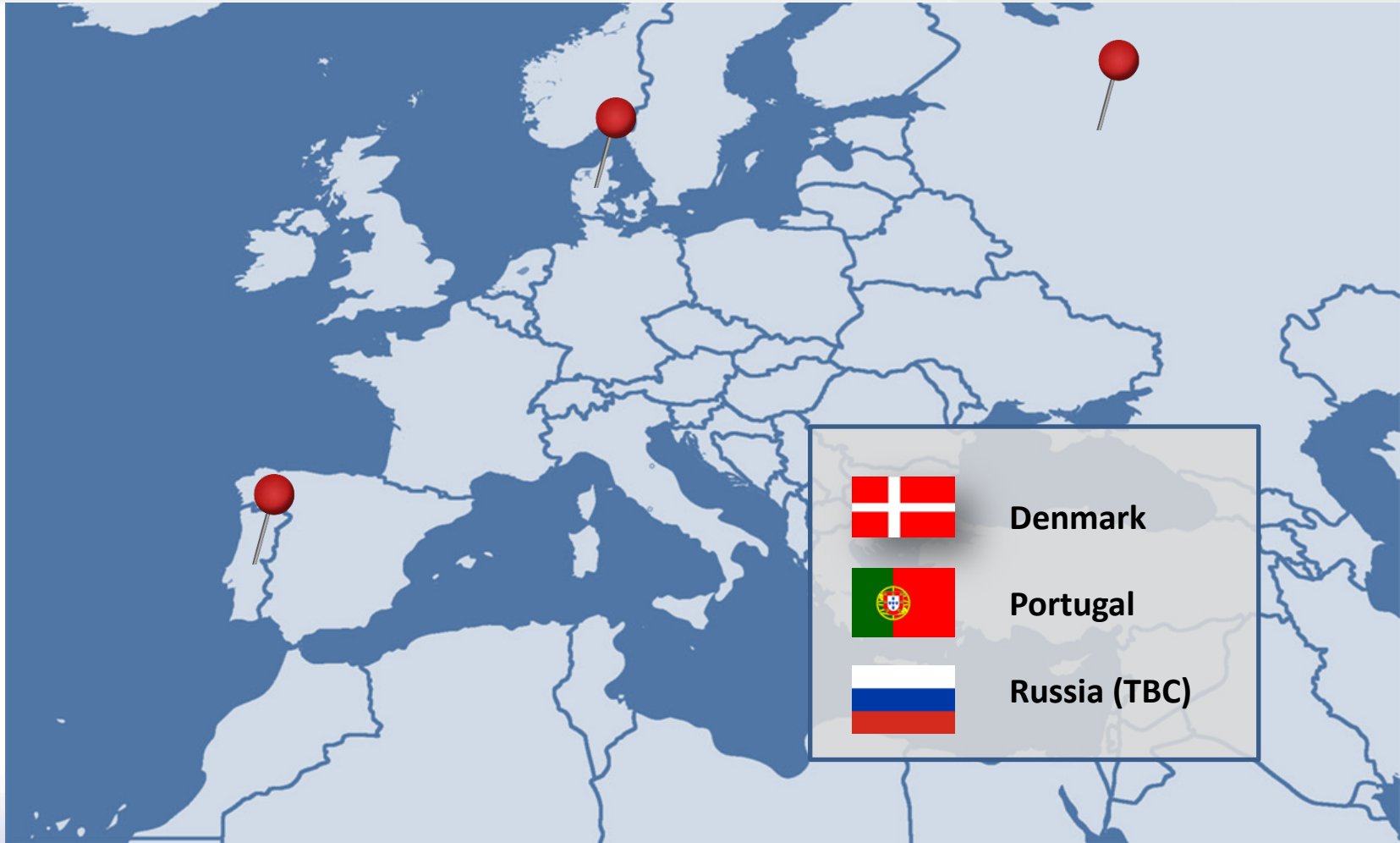


“I feel more **CONFIDENT** that I have knowledge and this has been validated. It is also a good reference tool”

“Working in the community and working alone there is little support as you are not part of a team. Is a good **REFERENCE GUIDE** ”

“I have learnt things I didn't know because sometimes there is little communication amongst colleagues”

Planned 2018 launches



Measurable impact of MS Nurse PRO

- Impact assessment on patients to gather data on effect of programme
- Development of a tool to assess quality of care in countries before and after launch of MS Nurse PRO
- Evaluation and broadening of benchmarking survey



Impact on a national/local level

- Ms Nurse Pro has enabled the debate regarding the status of (MS) nursing at a national level
- Setting up/developing national (MS) nursing platforms (Romania, Poland)
- Enhancement of the importance of patient involvement – but also the importance of developing multidisciplinary teams – with the nurse as a key-stakeholder

Thank you



A Project of the European **Multiple Sclerosis Platform**

Visit: www.msnursepro.org

