

Welcome to the April 2024 issue

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Welcome to the April edition of '**Experts in MS**', coinciding with this year's MS Awareness Week.



MS Unfiltered

In keeping with our theme this year – MS Unfiltered – we've some information and resources on sensitive issues.

MS Unfiltered is a sensitive and intimate campaign covering MS topics that can feel taboo or difficult to talk about.

We'll be creating a safe space for people to talk honestly and openly about everything from bladder control and sexual dysfunction, to navigating menopause and cultural stigma.

[Find out more →](#)

Celebrating Womanhood: Understanding and navigating menopause and beyond

This special episode of 'BeeWellwithMS Podcast' celebrates International Women's Day.

Hosted by Dr. Agne Straukiene, it explores the distinct phase of menopause, the biological and emotional changes women experience during menopause, the common misconceptions surrounding it, and the importance of hormone replacement therapy (HRT).

[Go to podcast →](#)



Ethnicity, stigma and MS

For some Black and Asian communities there can be stigma associated with illness which makes it difficult to talk about things like MS.

People from BME communities can feel isolated and lonely, not able to share with family, and not seeing themselves and their experiences reflected or represented in information and services.

- [How Natalie Busari has worked to raise understanding of MS amongst African communities](#)
- [6 myths about MS in the south Asian community](#)
- [Experiences of people from the Asian MS group](#)



Fampridine Awareness Webinar

Wednesday 15 May, 6.30pm

This webinar will provide insights into the drug fampridine (Fampyra). It's an important treatment for eligible people with progressive MS, as it can potentially improve walking speed and enhance mobility for some.

Dr. Marguerite Hill, a Consultant Neurologist in MS, and Lynne Watson, a Clinical Specialist Physiotherapist, will share their experience prescribing fampridine and conducting fampridine clinics.

The session will cover how the service was developed, how fampridine is administered, eligibility criteria, benefits, side effects, and patient outcomes. There will be an opportunity for Q&A.

[Sign up for the webinar today →](#)



Rapid Access to Neurology Assessment Webinar (RANA)

Monday 20 May, 7pm

The RANA service, developed at The Walton Centre, provides patients with direct access to expert neurologists when visiting Emergency Departments with neurological signs and symptoms.

This webinar will explain how the RANA service was developed, how it operates, and the patient outcomes.

Dr. Anita Krishnan, Clinical Director for Neurology: "Under RANA, eligible patients... receive appropriate care from the right person at the right time, without getting stuck in the wider healthcare system."

[Sign up for the RANA webinar →](#)



New MS Nurse competencies launched

The MS Nurse role is crucial for providing care, support, and information to help people manage their MS - responding to relapses, monitoring disease-modifying treatments (DMTs), and coordinating care across services.

New, updated MS nursing competencies are now available. Relevant for the entire MS nurse community, these competencies will raise awareness of the role, ensure optimal and safe patient care, and support individual nurse career progression.

[Go to the full update →](#)



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