

# Multiple Sclerosis Awareness

*A half day course*

Multiple Sclerosis (MS) is a life long autoimmune neurological disease affecting around 100,000 people in the UK. It affects nerves in the brain and spinal cord, causing problems with muscle movement, balance and vision. There is as yet no cure with symptoms usually developing between the ages of 15 and 45, with the average age of diagnosis being about 30. MS can be a challenging and frustrating condition to live with but new treatments over the past 20 years have considerably improved the quality of life of people with the disease. MS is not fatal, but some complications which can arise from more severe MS, such as pneumonia, can be. As a result, the average life expectancy for people with MS is around 10 years lower than the population at large.

This course will explore some of the myths and misconceptions surrounding this disease with the aim of helping delegates to understand both the nature of MS and treatment interventions

**Who is it for?** This course can be tailored to the needs of the particular professional group and is generally delivered in the care environment

**Timetable** (may be subject to amendment depending on group need)

**Session 1**    General introduction to subject of MS  
                  Prevalence of the disease  
                  Normal mechanism of neural transmission  
                  Causes of MS  
                  MS and genetics  
                  Diagnosis and Types of MS  
                  Relapse Remitting MS  
                  Secondary Progressive MS

**Session 2**    Primary Progressive MS  
                  Progressive Relapsing MS  
                  A-Z of symptoms  
                  Common Difficulties  
                  Treatments  
                  Disease Modifying drugs  
                  Diet and Nutrition  
                  Exercise

## **Learning Outcomes**

On completion of this course, participants will be able to:

- Understand the nature of Multiple Sclerosis and its various forms
- Understand the essential signs and symptoms of Multiple Sclerosis
- Understand the major forms of treatment intervention
- Understand the major sources of help and support

## **Training Techniques**

Didactic teaching, group exercises/case studies, DVD clips, Q & A and discussion