

Welcome to the February 2023 issue

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Welcome to the latest issue of the 'Experts in MS' newsletter.

This month we have some helpful information on the benefits of exercise, and a new report into care coordination for people with progressive MS.



Exercise and MS – the unsung DMT?

Exercise can help people with MS stay as healthy as possible, however they're affected. Research shows exercise can improve mood, mobility, muscle strength, and some MS symptoms.

Nadia Abdo, MS Specialist Practitioner at Brighton General Hospital, looks at exercise through the prism of medication. She treats exercise like a DMT – looks at how it works, potential barriers to uptake and side effects. **Her presentation** uses the most recent evidence and gives easy and accessible information to help you support your patients to get active.

[Learn more and watch Nadia's presentation →](#)



Living Well – What Next?

In 2023 the Living Well Programme will be delivering a What Next? course for newly diagnosed every month.

These will run over two weeks. The first week is an anonymous webinar for anyone who's recently been diagnosed as well as their families and friends. This is followed a week later by an informal interactive session for those living with MS to come back having reflected on what they've heard and connect with others from across the UK.

[Browse our upcoming virtual support events →](#)



Care and Coordination for progressive MS

The Care and Coordination report identifies some current approaches to coordinating care for people with progressive MS and not on a DMT, and compares these with the optimum clinical pathway for MS. The case studies highlight elements of best practice, including MDTs and support for self-management, but also some gaps around formal care coordination and use of care plans. The report looks at ways to improve care coordination for those not on a DMT - who are more likely to be disengaged from services, have a reduced frequency of follow up appointments, and need more joined up care provision between acute and community services.

[Find out more →](#)



Marie Curie End of Life information

Marie Curie are looking for expert reviewers to give feedback on the information they provide around end of life care for people with MS. In this case, an expert reviewer would be a healthcare professional who has cared for someone with MS towards the end of life, and has knowledge of what to expect and how best to support that person.

If you would like to share your feedback and thoughts, please contact Jessica Timperley at jessica.timperley@mariecurie.org.uk

Learn more →



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