

## AIM

To be able to care effectively for people living with Multiple Sclerosis

## DURATION

Half Day Course (3 hours)

## LEARNING OUTCOMES

By the end of this course, you will:

- Know what MS is
- Know some causes of MS
- Be aware of types of MS
- Know how MS is diagnosed
- Be aware of different MS symptoms
- Know different treatment types for MS
- Be aware of how MS progresses
- Know ways to care for those living with MS

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## LESSONS AND TOPICS

### Multiple Sclerosis

- What is Multiple Sclerosis?
- Causes of Multiple Sclerosis

### Diagnosis and Symptoms

- Diagnosis
- Common Symptoms
- Less Common Symptoms
- Secondary and Tertiary Symptoms

### Types of Multiple Sclerosis

- Relapsing
- Primary Progressive
- Secondary Progressive

### Treatments

- Medication
- Disease Modifying Therapies
- Haematopoietic Stem Cell Transplantation (HSCT)

### Care

- Progression
- Care planning
- Advance Care Planning
- Nutrition and Hydration
- Exercise
- Dignity and Independence
- Communication