

**Leading MS care together: supporting nurses through transformative and challenging times**

Tuesday, 2<sup>nd</sup> December 2025 – Trades Hall, Glasgow

A national education day for all nurses who care for a person with multiple sclerosis.

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**08:45**      **Refreshments & registration**

**09:15**      **Welcome**

Chair: Mhairi Coutts, MS specialist nurse, NHS Ayrshire & Arran

**09:20**      **Capacity and complexity: navigating mental capacity in holistic MS care and treatment (50 mins)**

Speaker TBC

- Outline legal principles of mental capacity in MS.
- Consider implications for treatment decisions and care planning.
- Discuss how capacity affects consent, safeguarding and service delivery.

**Implication and challenges for MS nurses: case study (20 mins)**

Speaker TBC

- Case studies to highlight how capacity assessments influence holistic and person-centred care.

**10:30**      **Refreshments & exhibition**

**11:00**      **UKMSSNA: powering the voice of MS nurses (10 mins)**

Mhairi Coutts

- An update on current initiatives, priorities and opportunities for MS nurses through the UK Multiple Sclerosis Specialist Nurse Association (UKMSSNA)

**11:10**      **Working together and strengthening links (15 mins)**

Jo Anderson, director for Scotland, MS Society

- An update from MS Society highlighting partnership opportunities, new resources and future directions in supporting the MS community across Scotland.

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**11:25      The 360 study: understanding the MS nurse workforce (20 mins)**

Lucy Taylor, CEO, MS Trust

- Key findings from the MS Trust's 360 workforce study – implications for staffing, service delivery and nurse wellbeing.

**11:45      One patient, one standard: tackling variation in MS nursing documentation practice (60mins)**

Speaker, TBC

- Review regional variation in MS nursing documentation.
- Explore the need for standardised electronic records, referrals and consent processes.
- Identify opportunities to improve consistency and data quality in care delivery.

**12:45      Lunch & exhibition****13:45      Welcome back**

Chair: Ruth Stross, head of nursing, Neurology Academy

**13:50      Balancing the load: safeguarding and clinical priorities in MS nursing practice (40mins)**

Speaker TBC

- Provide an update on safeguarding in MS services.
- Explore how safeguarding concerns impact clinic flow and care priorities.
- Discuss managing DMT and symptom needs alongside safeguarding demands.
- Define the MS nurse's role in responding to complex clinical and ethical scenarios.
- Use a case study to guide practical discussion and peer learning.

**14:30      Comfort break**

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**14:45 Behind closed doors: domestic abuse and coercion in MS nursing practice (45mins)**

Sue Britt, PhD student, Nottingham University

- Share findings from recent PhD research on MS nurses' experiences with domestic violence and coercion.
- Discuss the emotional, clinical and time-related impact on MS services.
- Present current practice in Leeds using a standardised screening tool and referral pathway.
- Reflect on how nurses can respond effectively within routine MS care.

**15:30 Sustaining ourselves, supporting others: self-care in MS nursing and beyond (30mins)**

Karen Glass

- Introduce practical ways to boost resilience for MS nurses and patients.
- Highlight the importance of self-care in sustained MS management.
- Share quick, evidence-based tools for wellbeing.
- Encourage simple habits to support ongoing nurse and patient wellness.

**16:00 Closing discussion and chair's final remarks****16:15 Close**