

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

Tuesday, 2nd 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