

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

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

Julie Dock, MS specialist nurse / clinical lead, Revive MS Support

09:30 Adults with incapacity (Scotland) Act 2000

Mhairi Coutts & Julie Dock

10:40 Refreshments & exhibition

11:10 Working together and strengthening links

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.

11:25 The 360 study: understanding the MS nurse workforce

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 An update from the NMC

Julie Bliss, Principal Fellow AdvanceHE, Queen's Nurse, Senior Nursing Education Adviser, Professional Practice Directorate, Nursing & Midwifery Council

12:45 Lunch & exhibition

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13:40 Welcome back

Ruth Stross, head of nursing, Neurology Academy

13:50 Safeguarding for nurses

Joanne Keachie, AA Public Protection Health Service

- Adult support and protection/public protection.

14:30 Comfort break

14:45 Behind closed doors: domestic abuse and coercion in MS nursing practice

Sue Britt, postgraduate researcher, University of Nottingham

- 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

Karen Glass, practice development physiotherapist, NHS Greater Glasgow and Clyde

- 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 final remarks

Julie Dock & Mhairi Coutts

16:15 Close