

MSNA E-Bulletin

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Conference 2017 - Hobart



It's conference time again!

It's that time of year again when we start making plans to come together again. This year we have the immense pleasure of meeting in Hobart on September 1st and 2nd. This is a win for MSNA, since it's been 8 years between meetings in the 'Apple Isle' and a win for the conference convenors, Michael Mortensen and Sue McGregor, who have put together a magnificent agenda in a spectacular venue. The conference details can be found later in this edition of the E-Newsletter.

For those considering sitting the MS Certification can you please email your expression of interest to Lou Hatter or Therese Burke as soon as possible. We would be delighted to be able to have the MS Certification exam on site again this year. Good luck to those sitting the exam for the first time or for recertification. Don't forget you can claim your examination cost after successfully attaining certification.

You should have received an email from us in the last couple of weeks about the Multiple Sclerosis Specialist Nurse (MSSN) in Australia project. This project is a joint project with MS Australia, MS Health Professionals Network (MSHPN), Australian and New Zealand Association of Neurologists (ANZAN), MS Research Australia (MSRA) and MS patient advocates. This fact finding survey will be used to better inform the role of the MS nurse in the Antipodes and how this region is serviced. In turn this information can be used to

identify areas of less than ideal MS nurse coverage to lobby for MS nurse positions and develop an ongoing professional support structure, similar to the MS Trust. It is vital that we get a comprehensive response to the survey, so that we accurately reflect the current status of MS care in Australia and New Zealand. If you haven't received an email from us the link to the survey is included in this edition of the E-Newsletter.

- until September, stay safe, Susan.

Presentation Abstract Closing Date

Closing date for submission of poster and podium presentation abstracts is 28th July. Successful applicants will be notified 4th August.

If you want help with putting together a presentation (poster or podium) please do not hesitate to get in touch with us. The nurse podium session is designed to encourage and celebrate nurse research, projects or case studies. Podium presentations are short and we'd love to hear what's happening in your area or interesting cases.

For conference registrations and abstract submission please go to <http://www.msnainc.com.au/msna-conference> - all details will be live from April 1st 2017.



MSNCIB Exam

Scheduled for the afternoon prior to the MSNA meeting, Hobart, Australia

Date, time and venue TBA ...Registration not yet open

It is time to consider sitting the Multiple Sclerosis Nurses International Certification Board (MSNICB) examination this year. It is recommended that Registered Nurses have a minimum of 2 years experience working in MS at the time of sitting the examination. With 6 months to go, it is an ideal time to start studying the curriculum and formalizing your MS Nurse expertise and educational qualifications.

For more details and the course handbook please refer to the website <http://www.msnicb.org> Extensive educational resources are available through IOMSN website <http://www.iomsn.org> and also through MSNA <http://www.msnainc.com.au>

Opportunities for mentorship with qualified MSCNs in Australia are available and study support groups to help you progress through the suggested curriculum. A great opportunity to learn and progress your knowledge to a formal international qualification!

For more information, please contact Therese Burke on 0412 365 667 or therese.burke@sydney.edu.au or Lou Hatter on louise.hatter@mswa.org.au

Nursing with Conviction

MSNA Inc is proud to announce the theme and keynote speakers for the 2017



conference; 1st and 2nd September at the Grand Chancellor, Hobart. We are thrilled to bring you a full programme of plenary, nurse podium presentations and workshops.

This year we also have the wonderful opportunity to participate in an optional, additional, workshop session. Expressions of interest are being taken for an additional workshop to be held at the Menzies Institute for Medical Research on Thursday 31st August. This half day workshop is being hosted by resident MS research experts, including Ingrid van der Mei, in the field of MS translational research. If you are interested in attending this workshop please forward your EOI to Sue McGregor at sue.mcgregor@ths.tas.gov.au

The theme for this year's conference is **'Nursing with Conviction'**.

Translational Research Workshop



MS Translation Workshop

About the workshop

Have you ever thought that researchers produce evidence but are often not involved in putting the evidence into practice? Did you ever feel that it would be useful to have time or skills to use rigorous methods to summarise the latest evidence on a topic, or to measure whether a change in practice actually makes a difference to patients?

This interactive workshop brings researchers and MS Nurses together with the aim of sharing knowledge, in order to understand how to work together when translating new findings into practice or improving current practices. It will focus on the context that MS Nurses work in, the pipeline from research evidence to implementation and evaluation, how to develop MS Nurse questions that can improve practice and practical processes for bringing about evidence-based practice change.

Workshop presenters

A/Prof Ingrid van der Mei is a senior epidemiologist at the Menzies Institute for Medical Research (University of Tasmania). She has more than 18 years of experience in MS research and has published over 100 publications. She is recognised internationally for elucidating the epidemiological relationship between vitamin D, sun exposure and MS. She is the Managing Director of the Australian MS Longitudinal Study (AMSLS) and the Primary Progressive MS Study, and co-investigator on a number of other large research platforms. As Branch President of the Public Health Association Australia, she has been influential in public health advocacy in Tasmania. It is her vision to expand Australia's research capacity by conducting MS research across the pipeline from Discovery, Effectiveness and Translational research.

Prof Kenneth Walsh is Professor of Translational Research in Nursing and Midwifery with the School of Health Sciences, University of Tasmania and the Tasmanian Health Service. He is a founding member of the Joanna Briggs Institute for Evidence Based Healthcare. He has skills in qualitative research methodologies and translational research approaches and has published over 80 peer-reviewed papers, book chapters and monographs. He has made significant impacts on policy and practice in the areas of team based and organisational practice change; tools and processes for knowledge translation; participatory research methodologies for clinical research; and theory development on the social and psychological elements which influence knowledge translation and policy development and implementation.

Details

Date: Thursday 31 August

Time: 1-5pm

Venue: Menzies Institute for Medical Research, 17 Liverpool Street, Hobart

Cost: \$50 (afternoon tea provided)

RSVP to Sue McGregor at sue.mcgregor@ths.tas.gov.au

Welcome Reception



Programme Outline - Day 1

0800 Registration

0900 Session 1 - plenary

1100 Session 2 - plenary

1330 Workshop 1

Programme Outline Day 2

0845 Welcome day 2

0900 Nurse podium session 1

1100 Nurse podium session 2

1300 Meeting close

1500 Workshop 2

1600 End of day 1

1700 AGM

1900 MSNA conference dinner

**Important: this programme is accurate at the time of dissemination but is subject to change. Please check the website for final programme prior to attending the conference.*

Plenary - Tim O'Maley



When it's not MS: Functional Neurology / MS, Undiagnosing MS, and the role of the MS Nurse.

Tim O'Maley is an MS Nurse Practitioner from Brisbane. Tim is employed by MS Queensland and contributes widely to MS forums.

Associate Professor Ingrid van der Mei

Outcomes from Auslong and the Australian MS Longitudinal Study.

Ingrid is a senior epidemiologist from the Menzies Institute for Medical Research and has a strong interest in the gene-environment interactions in MS.



Professor Wendy Oddy



Dietary patterns that influence MS progression and symptoms.

Wendy is Professor of Nutritional Epidemiology at the Menzies Institute.

Professor Bruce Taylor

Factors that influence MS progression.

Bruce Taylor is Professor of Neurological Research University of Tasmania and has been influential in defining and conducting research to better understand the role of vitamin D in MS.



Whats on in Hobart?

If you have some spare time in Hobart, there is lots to do. For more information go to <http://www.discovertasmania.com.au/>

Do you need accommodation? MSNA has secured a special rate at the Grand Chancellor. Make sure you mention you are attending the conference if you book with the Grand Chancellor.

Alternatively you can find accommodation through booking sites such as <http://www.expedia.com.au/> <http://www.bookings.com>

Stem Cell Tourism Survey

Dear MS nurses,

I'm emailing to ask if you can please assist me by way of participating in a short online survey we are conducting at Monash University. This survey focuses on current methods of collecting data on the adverse outcomes of medical and wellness travel. The link for the survey is:

<https://artsonline.wufoo.com/forms/a-survey-of-medical-travel-adverse-outcomes/>

The survey will assist us to gain an understanding of current methods of collecting data on such outcomes (if they exist), as well as views on the risks associated with medical/wellness travel and on preferred ways of collecting such data. The findings will help us in developing an online resource for medical/wellness travellers that will help ensure that individuals are well informed when deciding to travel abroad for treatments or procedures and do not suffer harm.

Regards,

Alan Petersen
Professor of Sociology
School of Social Sciences
Monash University

Multiple Sclerosis Specialist Nurses in Australia

As the peak body for multiple sclerosis nursing in Australasia, MS Nurse Australia Inc. (MSNA) aims to support the advancement of MS Specialist Nursing. To this end, and in line with your strategic priorities, MSNA has recently engaged with several partners, including MS Australia (MSA), MS Research Australia, the Australian and New Zealand Association of Neurologists (ANZAN) and the MS Health Professionals Network (MSHPN), to progress a project that's close to our hearts.

The project aims to investigate how we can demonstrate the value and gain evidence to secure additional and sustainable funding of MS Specialist Nurses (MSSNs) in Australia, through strategic lobbying and advocacy to funding bodies, policy makers and other stakeholders.

This project stems from the shared belief that there is a need to secure or improve funding for MSSNs in Australia, expressed by neurologists and other stakeholders throughout the MS community, and at a forum hosted by the Centre for Community-Driven Research and MSA. The current gaps in access to MSSN services across Australia are further hindered by various changes in both pharmaceutical and government funding.

A scoping project by MS Australia in 2016 led to the conclusion that because we did not have data or evidence to launch a successful budget bid or proposal to a potential funder, that this survey should be our priority and starting point.

An initial desktop audit reviewed what other disciplines (for example McGrath Nurses) and countries (in particularly the MS Trust - UK) have done to progress similar projects around specialist nursing. As a result, we have made contact with the MS Trust who are willing to support Australian efforts to mirror their approach, and hopefully, outcomes. We have secured funding to progress stage one of a project to quantify the status quo of MS Specialist Nursing in Australia.

This is where you come in!

You have the opportunity to participate in a brief (five minute) survey that will provide important baseline information for this project. Your information will be aggregated nationally into a report, a summary shared when complete. The information may be used for future lobbying, to inform future research proposals and/or grant applications. It will be shared with a number of stakeholders and made public. Every effort will be taken to ensure your confidentiality. MSNA members confidential information will be stored by MSNA and the aggregated results shared with the MSSN in Australia project steering committee.

To get this process started, we are asking all MSNA members to complete the attached Survey Monkey questionnaire. This questionnaire can also be completed in hard copy, which can be obtained by completing the MSNA enquiries page, <http://www.msnainc.com.au/enquiries> If you have any questions or concerns about this survey please contact the MSNA executive, contact details can be found on the MSNA web page.

It's important that the data we collect accurately reflects the current workforce of MS specialist nursing in Australia. Please let us know if you are aware of anyone who may be working as a nurse in MS but not necessarily a member of MSNA or on the MSNA mailing list; those on maternity, annual or long term sick leave over the survey period.

The survey period will be from the 17th to 30th March 2017. Click on the link to complete the survey - <https://www.surveymonkey.com/r/TBHJVZS>

Regards, Susan Agland (on behalf of MSNA and the MSSN in Australia project group)

Literature

MSNA currently has a partnership with the Gardiner Library at the John Hunter Hospital to source full articles for the e-bulletin. If you have found an article of interest (perhaps something for us all to share) and can't access it through your employer or local university consider contacting the MSNA secretary as another possible avenue for getting access to the full article. Below are this editions articles of current interest.

Not a study but nevertheless good reading. Brain Health is an international collaborative to promote best outcome for PwMS by treating early. <http://www.msra.org.au/importance-early-treatment-ms>

Does knowing type of MS affect your practice? Lovelace, M. D., Varney, B., Sundaram, G., Lennon, M. J., Lim, C. K., Jacobs, K., Guillemin, G. & Brew, B. J. (2017). Recent evidence for an expanded role of the kynurenine pathway of tryptophan metabolism in neurological diseases. *Neuropharmacology*, 112, 373-388.

MSNA Membership

It's time to join or renew your MSNA membership. We have frozen the fee this year so as we continue to build on face to face and website resources there's no better place to get value for money. To make paying for your membership even easier we have moved to using Eway for both membership and conference attendance.



FEE SCHEDULE

Ordinary Member (no GST) \$50.00

Associate Member (no GST) \$50.00

Corporate Nurse Member (no GST) \$50.00

Corporate Associate Member (no GST) \$70.00

If you are unable to pay by credit card and need to pay by Direct Deposit to either our Australian or New Zealand bank account please contact treasurer.msursesaustralasia@gmail.com who will send you a registration form and the requested account details.

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