



Professional Development Program 2018

MS Professional Development

MS is committed to offering education programs to build capacity in the health and community care system to provide appropriate support, care and treatment for people living with multiple sclerosis and other neurological disorders.

The 2018 Calendar has an excellent range of webinar based programs presented by subject matter experts. This year we are excited to launch three new webinars: "Self Care for Health Professionals" "Managing Clients' Difficult Behaviours" and "Managing Clients' Grief", which are applicable to all Health Professionals.

Please call 1800 042 138 for further information as required.

Program times are based on EDST time.

Webcasts recordings can also be purchased from the [MS Online Shop](#)

The Programs

Mindfulness for Health Professionals

Webinar

What a great way to start the year - exploring and embracing mindfulness!

Nicola Graham, MS Health Educator, Engineer, Writer and Nutritionist, has taught Mindfulness to Medical Students, corporates and clients since 2002. Nicola will help you explore how to use Mindfulness as a tool for all your clients including your clients living with multiple sclerosis.

Learning Objectives:

- Greater understanding of the practice of mindfulness
- Improved understanding of the benefits of practicing mindfulness
- Knowledge of specific strategies to utilise in practice
- Opportunity to practise three techniques

Wednesday 31 January

2.00pm - 3.00pm

Managing Your Professional Liability

Webinar

Ms. Libby Brookes is a Senior Associate and head of Maurice Blackburn's NSW and ACT medical negligence department. She is a NSW Law Society Accredited Specialist in Personal Injury Law (Medical Negligence). Libby has a passion for social justice and fairness. Libby will provide key information to ensure Health Practitioners minimize their risk of medical negligence, learn what documentation is key and how to manage their documentation.

Learning Objectives:

- Understanding of legal obligations in medical documentation
- Know what constitutes medical negligence and why medical documentation is important
- Knowledge of when medical records are used in legal proceedings
- Tips for good legal documentation

Thursday 22 February

2.00pm - 3.00pm



Professional Development Program 2018

Managing Clients' Behaviours of Concern Webinar

Dr Luke Smith, Clinical Neuropsychologist, has a wealth of experience in the multiple sclerosis and progressive neurological disease areas. He will provide key behavioural and communication strategies to implement in your practice to help manage your clients' concerning behaviours and increase your understanding of the underlying pathophysiology.

Learning Objectives:

- Understanding of how multiple sclerosis can change an individual's behaviour and social cognition.
- Knowledge about models of non-pharmacological behaviour support that are commonly used in the neurodegenerative disease area.
- Learn communication and behavioural strategies that can support the functioning of people with multiple sclerosis and neurodegenerative diseases.

Wednesday 14 March

2.00pm - 3.00pm

Self Care for Health Professionals Webinar

Dr Sally Shaw, Psychologist, will provide an explanation of exactly what self care is, elements of excellent self care and how you can create a more empowered, energised, healthy, sustainable and creative you by designing and incorporating a bespoke self care practice for yourself.

Learning Objectives:

- Identify several challenges faced by clients that can impact on the health professional's coping.
- Identify red flags indicating health professional burnout.
- Explain what is meant by self care (it's not just about hot yoga and 'me time').
- Determine and design the most appropriate next step to a healthier self care approach to work and life.

Wednesday 18 April

11.00am - 12.00midday

MS101 Webinar

This program is led by Associate Professor Jeannette Lechner-Scott, Neurologist. Jeannette has a specialised multidisciplinary clinic for multiple sclerosis clients in Newcastle, and has spent over two decades of her career in research. The MS101 webinar will support health professionals to understand what multiple sclerosis is, contributions to susceptibility, epidemiology and the implications, disease progression, current treatments and symptom management.

Learning Objectives:

- Greater understanding of the pathophysiology of multiple sclerosis
- Understanding of susceptibility, epidemiology and disease progression
- Awareness of the different types of multiple sclerosis
- Better understand the treatments available and management strategies
- Knowledge of support available for their clients

Thursday 10 May

2.00pm - 3.00pm



Professional Development Program 2018

Promoting Physical Function — Exercise

Webinar

There is a significant body of evidence supporting the long term benefits of physical activity for people living with chronic illness. However, how do we get clients exercising and keep them exercising? We all know this can prove harder than initially anticipated.

Ms Jacolyn Harris, MS Consultant Physiotherapist, will outline the issues and provide positive strategies to assist clients to exercise effectively.

Learning Objectives:

- Improved understanding of barriers to physical activity
- Improved understanding of effective strategies to overcome these barriers
- Awareness of assessment tools, programs and services they can use in their practice
- Knowledge of effective exercise programs

Thursday 31 May

2.00pm - 3.00pm

Managing MS Fatigue

Webinar

Multiple sclerosis fatigue is different from everyday fatigue. About 80% of people with multiple sclerosis experience fatigue as a major symptom. Presented by MS Occupational Therapists experienced in working with people living with multiple sclerosis, this session looks at the nature of multiple sclerosis fatigue and strategies to help clients better manage this symptom that has such disabling implications.

Learning Objectives:

- Development of a greater understanding of MS Fatigue
- Increased resources for assessing MS Fatigue
- Improve and develop therapeutic approaches and strategies to assist managing clients fatigue

Thursday 21 June

2.00pm - 3.00pm

Dealing Confidently With Clients' Grief

Webinar

Presented by Ms. Meg Moorhouse, a social worker and accredited grief counsellor. Meg works as a bereavement counsellor with Melbourne City Mission Palliative Care service. Meg also conducts pre-death visits to assist families and runs support groups.

Grief abounds when clients are diagnosed, living with, caring for and or working with people with a chronic illness.

Meg will build participant's confidence in how to recognise, respond to and support grief reactions for the clients they are working with.

Learning Objectives:

- Educate participants in the current theory of grief, symptoms, phases and strategies to cope
- Investigate what is most challenging about grief reactions inherent in these situations
- Build participant's confidence in how to recognise, respond to and support grief reactions for the people we are working with
- Introduce resources, tip sheets, services in our community to assist with grief

Thursday 19 July

2.00pm - 3.00pm



Professional Development Program 2018

MS Professional Development

Understanding Parkinson's

Webinar

Facilitated by Parkinson's Victoria, this session will explain Parkinson's Disease and explore strategies that assist clients to live well with this chronic condition.

Learning Objectives:

- Introduction to Parkinson's: symptoms, cause, incidence, treatment options, current research, medication management and side-effects.
- Knowledge of practical strategies used by Physiotherapists, Occupational Therapists and Speech Pathologists, to address concerns.
- Introduction to Parkinson's Victoria and the support services provided.
- Information regarding community and government services commonly accessed by people living with Parkinson's.

Thursday 26 July

10.00am - 11.00am

Speech Pathology Management in Progressive Neurological Conditions

Kirsten Toll is a Speech Pathologist with over 20 years of experience in the assessment, rehabilitation and management of language, communication and swallowing disorders resulting from stroke, acquired brain injury or progressive neurological conditions. Kirsten will cover symptom recognition and management, communication, assistive technology, PEG feeding, funding streams, palliative care, advanced care planning and NDIS packages.

Learning Objectives:

- Initial symptom recognition and facilitation of diagnosis
- Symptom management including swallowing and saliva/secretion difficulties, oral hygiene and communication
- Knowledge of use of assistive technology
- Approaches to carer training

Friday 10 August

2.00pm - 3.00pm

Managing Discomfort

Webinar

Many of our clients are suffering a lot of discomfort, a lot of the time. This may affect their sleeping, energy levels, appetite and mood. Stephanie Williams is an OT at Calvary Care, Bethlehem working with clients who have progressive neurological conditions. Stephanie has profound insight into the world of discomfort with great tips, strategies and case studies to share with you which will challenge and enhance your clinical practice.

Learning Objectives:

- Improved awareness of the causes of discomfort and thinking beyond equipment
- Understanding of different types of pain
- Increased knowledge of assessment approaches
- Knowledge of factors associated with an increased risk of pressure injuries
- Knowledge of practical tips, strategies aids and equipment used to alleviate discomfort
- Understanding of key case studies
- Understanding of psychological distress and the links to discomfort

Thursday 23 August

2.00pm - 3.00pm



Professional Development Program 2018

MS Professional Develop-

Understanding and Managing Depression in Chronic Illness Webinar

Dr. Litza Kiropoulos is an academic at Melbourne University, School of Psychological Sciences. Her specialist area is in the psychological treatment of depression and anxiety in the medically ill, especially people living with multiple sclerosis, cancer and heart disease. Litza will provide assessment tools and treatment strategies which a focus on promoting recovery, minimising depression, building resilience and improving quality of life for clients.

Learning Objectives:

- Understanding of the unique psychological needs of people with a chronic illness
- Knowledge of key assessment tools
- Understanding of how to build resilience, self-efficacy and improved quality of life in people living with a chronic illness

Thursday 13 September

2.00pm - 3.00pm

Chronic Pain Management Webinar

In chronic pain the focus of treatment needs to be on managing the pain and improving day-to-day function and quality of life. Dr. Malcolm Hogg is the Head of Pain Management Services at Royal Melbourne Hospital, and he will provide insights into how chronic pain is best managed by a multidisciplinary pain management plan.

Learning Objectives:

- Increased understanding and appreciation of chronic pain
- Better understanding of the role of behavioural strategies such as: fitness, social activities, sleep, relaxation, diet and social support in the management of chronic pain
- Knowledge of strategies to encourage self-management
- Knowledge of specific strategies proven to help the brain manage chronic pain
- Understanding of the bio-psycho-social approach to pain management
- Increased knowledge of medications used in chronic pain

Thursday 11 October

2.00pm - 3.00pm

Understanding Cognition & Behaviour Changes Webinar

Common multiple sclerosis related cognitive difficulties include concentrating, learning, recalling information, thinking quickly, multi-tasking and planning efficiently. Emotional changes such as depression can also affect thinking and memory.

Dr. Ben Harris is a senior clinical Neuropsychologist whose public appointments have included community aged psychiatry at Monash Health, and in the Cognitive Dementia and Memory Service at St Vincent's Health. Ben will extend and enhance your understanding of the nuances of cognition and behaviour change.

Learning Objectives:

- Understanding of brain changes in multiple sclerosis
- Knowledge of cognition and the likely strengths and weaknesses associated with multiple sclerosis
- Understanding of executive function and how it is affected
- Understanding of the differentiation between personality & cognitive function and between dementia & multiple sclerosis cognitive changes
- Awareness of the functional implications of cognitive changes in multiple sclerosis
- Awareness of neuroplasticity and its effects

Thursday 1 November

2.00pm - 3.00pm



Professional Development Program 2018

MND 101

Webinar

An introductory session on Motor Neurone Disease (MND) suitable for people working in community and health settings. Facilitated by MND Victoria, the training will provide information on MND and its progressive nature, common experiences and challenges faced by people living with MND and strategies and practical advice on how workers can best assist them. The training will also focus on the role of palliative care in achieving a good quality of life for someone facing a life limiting illness.

Learning Objectives

- Increased awareness of MND and how people live with the condition
- Understanding of the importance of care coordination and multidisciplinary care
- Appreciation of the importance of quality of life for someone facing a life limiting illness
- Knowledge of further resources

Thursday 8 November

2.00pm - 3.00pm

Promoting Physical Function - Managing Spasticity Webinar

Spasticity is one of the more common symptoms of multiple sclerosis. Spasticity can be as mild as the feeling of tightness of muscles or so severe as to produce painful uncontrollable spasms of extremities, usually of the legs. Spasticity can also produce feelings of pain or tightness in and around joints and cause low back pain. Some people whose legs are very weak, find that spasticity makes the legs more rigid and actually helps them to stand, transfer or walk. Presented by Dr. Phu Hoang, MS Consultant Physiotherapist, and senior research officer at NeuRA, this webinar is packed with practical tips and evidence based practice.

Learning Objectives :

- Increased understanding of spasticity
- Greater confidence in managing spasticity
- Evidence based physiotherapy interventions for physical symptoms in MS

Wednesday 5 December

2.00pm - 3.00pm

Managing Cognition Changes in Multiple Sclerosis Webinar

This session will explore everyday cognitive management strategies which you can directly implement in your own practice. Presented by experienced MS Occupational Therapists it provides very practical and proven strategies to help you in your clinical practice.

Learning Objectives:

- Ability to recognize presentation of cognitive issues in everyday life
- Objective and subjective cognitive screening tools
- Toolbox of management strategies for cognitive changes
- Knowledge of strategies for optimizing cognition
- Improved clinical practice strategies for planning, memory, recalling information and learning
- Knowledge of useful equipment and technology
- Case studies

Thursday 6 December

2.00pm - 3.00pm



REGISTRATION FORM AND TAX INVOICE

- or go to Trybooking using the links over the page

MS Professional Development

Registration Fees:

Individual Registration:	\$70	Per webinar
Group Registration:	\$300	Per webinar for 5-8 Participants
Group Registration:	\$500	Per webinar for 9+ Participants
Full Time Students	\$30	Per webinar

Registration prices include GST ABN 66 004 942 287

Registration provides one unique log in - it is anticipated that staff groups view webinars together
CPD Certificates are issued for each participant only when booked as a group.

Registration Details:

Name: _____

Workplace: _____

Address: _____

Postcode: _____ Telephone: _____

Email: _____

Group Registration:

Name: _____ Position: _____

Name: _____ Position: _____

Name: _____ Position: _____

Name: _____ Position: _____

Name: _____ Position: _____

Name: _____ Position: _____

For larger groups please send names for certificates separately

Payment Method:

Amount:

Credit Card Try Booking Cheque payable to: **MULTIPLE SCLEROSIS LIMITED**

Credit Card Option: Mastercard Visa

Card Number: _____ CCV _____ Expiry date: __/__/__

Signature: _____

Cardholder's Name: _____

- ⇒ Payment arrangements need to be made prior to the program.
- ⇒ Credit Card payments will be processed one week prior to the program. Cancellations after this will not be refunded.
- ⇒ Receipts for Credit Card payments will be mailed

N.B. Some programs have a minimum attendance requirement.
In the rare instance a webinars experiences technical issues a recording of the program will be provided

Trybooking proudly supports Charities by donating back all booking fees



Please turn over



2018 REGISTRATION DETAILS

Please indicate which program(s) you would like to register for, or hold down ctrl and click on the program name below to register online.

[Mindfulness For Health Professionals](#)

Webinar: Wednesday 31 January 2.00pm - 3.00pm

[Managing Your Professional Liability](#)

Webinar: Thursday 22 Feb 2.00pm - 3.00pm

[Managing Your Clients' Behaviours of Concern](#)

Webinar: Wednesday 14 March 2.00pm - 3.00pm

[Self Care for Health Professionals](#)

Webinar: Wednesday 18 April 2.00pm - 3.00pm

[Multiple Sclerosis 101](#)

Webinar: Thursday 10 May 2.00pm - 3.00pm

[Promoting Physical Function—Exercise](#)

Webinar: Thursday 31 May 2.00pm - 3.00pm

[Managing Multiple Sclerosis Fatigue](#)

Webinar: Thursday 21 June 2.00pm - 3.00pm

[Dealing Confidently With Clients' Grief](#)

Webinar: Thursday 19 July 2.00pm - 3.00pm

[Understanding Parkinson's](#)

Webinar: Thursday 26 July 10am - 11am

[Speech Pathology Management in Progressive Neurological Conditions](#)

Webinar: Thursday 10th August 2.00pm - 3.00pm

[Managing Discomfort](#)

Webinar: Thursday 23 August 2.00pm - 3.00pm

[Understanding Depression in Chronic Illness](#)

Webinar: Thursday 13 September 2.00pm - 3.00pm

[Chronic Pain Management](#)

Webinar: Thursday 11 October 2.00pm - 3.00pm

[Understanding Cognition & Behaviour Change](#)

Webinar: Thursday 1 November 2.00pm - 3.00pm

[MND 101](#)

Webinar: Thursday 8 November 2.00pm - 3.00pm

[Promoting Physical Function - Managing Spasticity](#)

Webinar: Wednesday 5 December 2.00pm - 3.00pm

[Managing Cognition & Behaviour Change](#)

Webinar: Thursday 6 December, 2.00pm - 3.00pm

Webcast recordings can also be purchased from the [MS Online Shop](#)

Please return with payment advice to:

Annie Sassin

Multiple Sclerosis

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