



# Southern Health

## NHS Foundation Trust

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### 2018 MS TEAM UPDATE

Dear Patient/Relative

We have decided, as a Team, to produce a letter that gives you an update of the Service and, also, our plans for 2018. We hope this will be an annual occurrence; so that you are keeping abreast of the Staff and Service Developments.

As a Team, there are now three Clinical Staff; this includes Annabella Pearce, Head of Service and MS Specialist Nurse, working 22.5 hours a week (Monday/Tuesday and Friday), Simon Ghafur, MS Practitioner, working 37.5 hours (Monday-Friday) and Amy Harbour, MS Nurse, working 15 hours (Thursday and Friday). We also have two Admin Co-ordinators, for both the MS and Parkinson Disease Service, their names are Debra and Linda; you would have spoken to them when contacting the Service on the Service office telephone number. We have also recently appointed an Audio Typist, to assist with ensuring a more timely production of letters from both the MS and Parkinson's team, and her name is Karen.

You may have also noted that we have been sending Patients who have not been seen for a year an Annual Review form. This is hoped to enable us to keep our records up-to-date and also ensure you still feel supported by the Service and can request a visit or Clinic appointment; if required. These are all checked by a member of the Clinical Team and, from this, we assess if referrals or contact is required. I hope you will see this is one way we can ensure that we are keeping in contact with the 800+ patients on our caseload. If you do not complete the forms then we will Discharge you from our active caseload, but you are still able to refer back to us; if required.

We have been very busy extending the Clinics to meet the needs of the expanding Disease Modifying medications, but also to enable Patients with the Progressive types of MS and, also, Relapses, to be seen in a timelier manner. We have to further extend these Clinics in 2018, due to demands, and below indicate current Clinics and the plans for future Clinic expansion:

| Name clinic        | Location                                  | Times  |
|--------------------|---|--|
| Havant Clinic      | Oak Park                                  | 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday a month (14:00-16:00) <i>plan to start earlier.</i>      |
|                    |   | 2 <sup>nd</sup> and 4 <sup>th</sup> Friday a month (0900-1300)                                       |
| Gosport Clinic     | Gosport War Memorial Hospital Outpatients | 1 <sup>st</sup> and 3 <sup>rd</sup> Friday a month (0900-1230 and then 1330-1500)                    |
| Fareham Clinic     | Fareham Community Hospital                | 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday a month (1300- 1600) <i>plan to change to mornings.</i> |
| Bordon Clinic      | Chase Hospital                            | 3 <sup>rd</sup> Tuesday alternate months (0900-1300)   |
| Petersfield Clinic | Petersfield Hospital                      | 1 <sup>st</sup> Thursday a month (0900-1300)   |

Alongside our Clinics we also attend the Fareham and Gosport Physiotherapy Group on a monthly basis, but please bear in mind that, due to the location, there is nowhere private to discuss matters, so may be better to arrange a home or Clinic appointment to discuss.

We also attend the Horndean Group at Jubilee Hall on a monthly basis and attend the Petersfield Group on a monthly basis. We also jointly attend the Mums and Tots Group held at Play Zone and is open to Parents of Children aged under 5 years to attend and meet with other local Parents; currently these are once a month on a Thursday. We also plan to attend, twice a year, the WAMS Group; dates yet to be confirmed.

As a Team we have also been delivering the Digesting Science Education for Children of MS patients; this has received positive feedback. We are planning a further two sessions for next year; as follows:

|                                      |                                       |
|--------------------------------------|---------------------------------------|
| 3/2/2018 (0900-1300) at Havant Tesco | 2/6/2018 (0830-1300) at Fareham Tesco |
|--------------------------------------|---------------------------------------|

These are aimed at a maximum of five families but, if there is interest of more, we could look at delivering some further sessions later in the Year. Please call the Team if interested and would like to book a place?

The Fatigue Management Course has also been developed and we have looked at the delivery of this. We have decided this will be delivered by Annabella and Simon and we have looked at getting support from the local Neuropsychology provider for the mindfulness session; so that there is more variety of Professionals delivering the course; as per Patients' feedback. We have also changed the presentations and included some preparation work for patients to complete prior to the course to get more from the sessions and professionals.

|  |                          |
|--|--------------------------|
| Fareham and Gosport Fatigue Management Course:<br>6/2/18, 13/2/18, 20/2/18, 27/2/18, 6/3/18, 13/3/18 | Havant TBC (End of 2018) |
|--|--------------------------|

As a Team, we have been lucky enough to have produced a poster for the MS Trust Conference and both Amy and Simon were asked to introduce sessions for the Conference; which is an honour. Annabella is sitting on the MS Trust Working Group for the development of the Advanced MS Practitioner post and, as a team, I have raised our interest as being one of the 6 pilot areas; so watch this space next year as this will be of huge benefit for all the Patients with Progressive MS, as there will be a Designated Nurse or AHP to focus on your needs, if we are successful with our bid.

Amy and Annabella are looking at supporting the development of UKMSSNA MS Competencies; as these have become dated and are used by Professionals specialising in MS care.

Annabella has become an Independent Prescriber and this has already proven to be very helpful; as she is able to prescribe independently without need for GP contact, except for information purposes. Annabella has also completed, and passed, recently the Multiple Sclerosis Nursing International Certification Examination. As a team nominated for Star Awards for SHFT Annabella applied for Queens Nurse, unfortunately unsuccessful and intends to apply again in 2018.

**Plans:**

The MS Team web page on the Southern Health Foundation Trust website is very dated and could be vastly improved. This is the plan for early 2018, so please review in February 2018 and, if you have any comments, please let us know. <http://intranet.southernhealth.nhs.uk/>

The team are also looking at developing an online education resource for other Staff within Southern Health Foundation Trust to help with educating and raising the profile and knowledge base of other Professionals that are involved in the care of MS patients.

Please can we ask for Patients to contact the Team via the Team email only (and not the individual Clinician); this is to prevent delay in response to emails, as we may be on leave. The Team email is checked on numerous occasions, on a daily basis and, for this reason, emails are passed onto team members if you have a request for one Clinician in particular.

We still have no direct Psychology Service and, thanks to Dennis Morgan, he has raised this with the local CCG. We have carried out a local audit and hope to continue to raise the profile of this need for our Patients. Early next year I will be attending the CCG; where I will raise this issue directly. We are looking at nominating to other awards to raise the profile of the teams service in 2018.

I hope this letter has been of use and that you can see that we are trying to develop the Services. If you would like to provide us any feedback we would be very grateful; as we are striving to improve the services we deliver. If you can think of any developments, or alternatives ways of working you would like to see, again please let us know and we can look at these.

Yours Sincerely

Annabella Pearce  
MS Nurse Specialist.

Simon Ghafur  
MS Practitioner.

Amy Harbour  
MS Nurse.