

SPRING 2024 NEWSLETTER

Saskatchewan MS Drugs Research Program



MS Nurse Educator Spotlight on Tania Cooper & Shirley MacGowan



Tania Cooper, RN, MSCN

Welcome Tania!
Tania recently joined the Saskatchewan MS Drugs Program as an MS-certified nurse. She obtained her MS certification in 2014 and started her nursing career in Alberta.



Shirley MacGowan, RN, MSCN

Shirley, an MS-certified nurse, has been with Saskatchewan MS Drugs Program team since 2013!

MS Nurses can assist with:

- Symptoms
- Treatments
- Family planning
- Vaccination questions
- Resources available in your area
- Health coverage questions
- Health service navigation
- Research opportunities

Scan the QR code or visit the survey link to share your feedback on nursing services.



MS NURSES

Scan the QR code to see a short video on the role of MS Nurses

<https://www.youtube.com/watch?v=xSY1j7-KmsE>



FEEDBACK

<https://redcap.usask.ca/redcap/surveys/?s=W3NAE8P893TF7RCY>

Saskatchewan MS Research

Since 1997, the Saskatchewan MS Drugs Program has provided MS education, navigation, and research services.

- Starting treatment shortly after MS diagnosis is associated with a higher likelihood of benefit
- More than 2500 people in Saskatchewan have been on MS disease-modifying drugs. Over time about 50% of people have stopped drug.
- Individualized regular review of your MS management is recommended in Saskatchewan

MS researchers in Saskatchewan are also:

- Studying new drugs to prevent MS progression in animal models
- Researching non-drug treatments to prime nervous system repair
- Collaborating with Canadian researchers to tackle new rehabilitation approaches in MS (MSCanRehab)

We are seeking volunteers to help us review newly-created resources

If you have questions, would like to speak with an MS nurse, or wish to volunteer, please reach out to us.

Phone: 306-655-8400 **Toll-free in SK:** 1-866-655-7966 **Fax:** 306-655-8404

Email: MSDrugsProgram@saskhealthauthority.ca

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NeuroSask Active and Connected is still going!

- NeuroSask: Active and Connected is a free, virtual program **Tuesdays** and **Thursdays** at **2:00**
- **Active** exercise sessions involve 30 minutes of seated movement led by a neuro-physiotherapist
- **Connect** sessions provide knowledge exchange with connect guest experts on Thursdays at 2:30

"I can say without hesitation that NeuroSask: Active and Connected has given me the desire and strength to take responsibility to manage my life despite the obstacles created by MS as well as the ability to do so."



"It brings people together in a positive and encouraging environment."

NeuroSask

Active and Connected

An evaluation of the NeuroSask program is published: Participants' Perspectives of NeuroSask: Active and Connected; Patrick et al. 2024
<https://www.frontiersin.org/journals/neurology/articles/10.3389/fneur.2024.1332859/full>

Drop in on NeuroSask when it works for you. . .

To receive the **NeuroSask** Zoom® meeting links by email, scan the QR code or visit: <https://rehabscience.usask.ca/neurosask/>



MS Walk - May 26, 2024

- May is MS Awareness Month
- See the MS Canada website for details and locations near you
- University of Saskatchewan is the venue for this year's MS Walk in Saskatoon



Thank you for participating in the Saskatchewan MS Drugs Research Program