



# Experts in MS: A Multi-Disciplinary Approach to Understanding People Living with MS

Thursday, October 27, 2016

**Register today @ [www.berkshireahec.org](http://www.berkshireahec.org)**

## Program Agenda:

**Opening Remarks:** Kirsten Stasiewski, Marketing & Admissions Director, Mount Carmel Care Center, Lenox, MA

**Brain Fog and Fatigue in Multiple Sclerosis:** Francisco Gomez, MD, Gomez Neurology, PLLC, Albany NY

**Evidence Based Exercise Strategies:** Debra Ellis, MSPT, NCS, Clinical Specialist in Neurologic Physical Therapy, Synergy Rehabilitation Services, Amherst, MA

## Panel Discussion / Q & A

**Addressing Barriers to Accessing Quality MS Care:** Debra Frankel, MS, OTR, Vice President, Access to Care Initiatives, National Multiple Sclerosis Society

**You Are Stronger Than You Think:** Beth Mouglin, MS, LCSW, Medicaid Specialist, BaneCare Corporation, Pittsfield

**Tricks of the Trade: A Therapist Living With MS Shares her Secret to Functional Health:** Jane Apkin, CCC-SLP, Owner, Speech-Language Pathologist, Seniors Helping Seniors in the Berkshires and Western Massachusetts

**Location:** The Auditorium at Sweetwood of Williamstown, 1611 Cold Spring Road, Williamstown, MA

**Registration, Bagels & Coffee:** 8:30 am – 9:00 am

**Program:** 9:00 am – 3:45 pm

**Credits/Clock/Contact Hours:** 5.5 Nursing, SW, NHA, LMHC, Substance Abuse Counselors, Medical Interpreter (CCHI only), Registered Dietician

**Early Bird Fee:** \$30 if paid by October 1, 2016. \$40 if paid after October 1, 2016.

*Fee includes bagels & coffee, lunch, course materials and a certificate of completion.*

**General Public (GP)** The general public may attend free of charge but **pre-registration is required**  
*GP registration includes morning refreshments & lunch; does not include a certificate of completion.*

**Program Goal:** MS is a complex neurological disease that strikes without warning. It has widespread and long lasting effects on all it touches- patients, families and the community at large. This interdisciplinary approach to understanding the person living with MS seeks to provide essential information from a variety of perspectives, identify various barriers and gaps in care, and suggest ways to improve access to comprehensive, high quality MS care.

*A Very Special Thanks to Our Program Sponsors:*



**Learning Objectives** At the end of the program, the participant will be able to:

- Recognize how cognition is affected by MS;
- Recognize how energy levels are affected by MS;
- Recognize the current methods, both pharmacological and non-pharmacological for treatment;
- Describe evidence based strength training strategies for people with MS;
- Discuss how to adjust evidence based exercise accordingly for common MS impairments such as fatigue, spasticity, temperature sensitivity, weakness, sensory impairment;
- Describe perceived gaps in MS care;
- Recognize the various barriers that limit access to comprehensive MS care;
- Explain potential strategies to mitigate them;
- Identify skills to better cope with the stressors of MS;
- Name two techniques to improve and/or maintain function in one of the following areas impacted by MS: cognition, swallowing, speech, mobility and/or energy.

### **Accreditation/Approval Information**

**Successful Completion Requirements:** Participants are expected to sign-in and out, attend the entire program, and complete and submit an evaluation. Certificates will be distributed to participants at the end of the program.

**Nurses:** Berkshire Area Health Education Center (AHEC) is an approved provider of continuing nursing education by the American Nurses Association Massachusetts, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

**Social Workers:** Application for social work continuing education credits has been submitted to the Collaborative of NASW and the Boston College and Simmons Schools of Social Work.

**Nursing Home Administrators:** Berkshire AHEC is approved by the Massachusetts Board of Nursing Home administrators to provide education credits for nursing home administrators.

**LMHC:** Berkshire AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5585. Programs that do not qualify for NBCC credit are clearly identified. Berkshire AHEC is solely responsible for all aspects of the programs. **Topic Area: Human Growth and Development.**

**Substance Abuse Counselors:** This course has been approved by Berkshire AHEC, as a NAADAC Approved Education Provider, for 5.5 CE. NAADAC Provider #762. Berkshire AHEC is responsible for all aspects of their programming. Counselor Skill Group: **Case Management.**

**Medical Interpreters:** Application has been made to the Certification Council for Healthcare Interpreters (CCHI) for the approval of credits for medical interpreters.

**Special Requests:** If you are hearing impaired, or are a person who is differently abled who requires accommodations, please contact Berkshire AHEC 15 days prior to the training.

**Refunds** We offer partial refunds if you must cancel your registration. If you cancel two weeks or more prior to the event: 70% refund; if you cancel less than two weeks before the event: 50% refund. Please Note: *For cancellation within 24 hours of the event, a refund is NOT offered but you may send someone in your place to attend the training.*

**Cancellation:** Berkshire AHEC reserves the right to cancel a program due to low registration, speaker illness, cancellation or other uncontrollable circumstances. Notice of cancellation will be provided to registrants by phone, as soon as Berkshire AHEC becomes aware of the need to cancel and will also be recorded on the agency website and telephone message. After a program has been cancelled, refunds will be issued within 14 days.

**Disclosure Policy:** It is the policy of Berkshire AHEC to ensure balance, independence, objectivity, and scientific rigor in all its individually and jointly sponsored programs. All faculty participating in Berkshire AHEC programs are expected to disclose any conflicts of interest that they or their spouse/partner may have that has a direct bearing on the content of the continuing education program.

**Grievance Procedure:** It is the policy of Berkshire AHEC to provide a complaint resolution procedure that is timely and responsive to consumers of our services. Individuals wishing to register a grievance should contact the Executive Director, at Berkshire AHEC at (413) 447-2417, as a first step in the procedure for resolution.

**For More Information:** Berkshire AHEC: (413) 447-2417



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