

MULTIPLE SCLEROSIS IN CARE FACILITIES: UNDERSTANDING THE CONDITION AND ADAPTING CARE PRACTICES

Training for care assistants, nursing assistants, nurses, activity leaders, and support staff in SSIAD, HAD, MAS, or EHPAD

Master the invisible challenges of MS to provide truly adapted and humane care

Duration : 6 to 7 hours	Modules : 8 modules
Lessons : 32 lessons	Audience : Healthcare and support professionals in institutions and home care
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

Multiple sclerosis is a complex, unpredictable chronic neurological disease that varies greatly from one person to another. Its invisible symptoms — fatigue, cognitive disorders, pain, emotional disturbances — are often unknown to professionals, who only address MS through its motor manifestations. This training provides a comprehensive understanding of the disease in all its dimensions and concrete support strategies tailored to each profile and each phase of evolution. At the end of the training, each participant will be able to adjust their practice with relevance, kindness, and team coherence.

Module summary

MODULE 1	Understanding Multiple Sclerosis	4 lessons
MODULE 2	Motor and sensory symptoms	4 lessons
MODULE 3	Fatigue and Cognitive Disorders — the Invisible Heart of MS	4 lessons
MODULE 4	Emotional and psychiatric disorders in MS	4 lessons
MODULE 5	Supporting autonomy and daily care	4 lessons
MODULE 6	Treatments for MS — what the professional needs to know	4 lessons
MODULE 7	Coordination, team and families	4 lessons
MODULE 8	Practical cases and consolidation	4 lessons

Learning objectives

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- Understand the neurological mechanisms of MS and its different forms of evolution
- Identify and adapt support for motor, sensory, and sphincter symptoms
- Recognize and manage MS-specific fatigue and cognitive disorders
- Adapt communication and care to emotional and psychiatric disorders
- Maintain autonomy through adapted daily care and fall prevention
- Know the main treatments, their side effects, and the role of monitoring
- Coordinate effectively with multidisciplinary teams and families
- Apply practical protocols in the most common MS care situations

General information

Duration	6 to 7 hours
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Target audience	Care assistants, nursing assistants, nurses, activity leaders, support staff in SSIAD, HAD, MAS, or EHPAD
Prerequisites	None
Price	On quote - VAT not applicable (article 261-4-4° of the French General Tax Code)
Certification	Qualiopi - Certificate of completion
Organization	DYNSEO - Activity registration number: 11757351875

MODULE 1**Understanding Multiple Sclerosis**

4 lessons

Lesson 1 - Lesson 1 - Neurological Mechanisms of MS

- MS: an autoimmune disease attacking myelin of the central nervous system
- Demyelination process: slowing and interruption of nerve conduction
- Why symptoms vary according to affected areas: brain, spinal cord, optic nerve
- Inflammation and neurodegeneration: two distinct processes with different implications

Lesson 2 - Lesson 2 - Forms of MS — recognizing to better support

- Relapsing-remitting MS (RRMS): flare-ups and remissions, the most common form
- Secondary progressive MS (SPMS): progressive evolution after a relapsing phase
- Primarily progressive MS (PPMS): continuous deterioration without flare-ups
- What these forms concretely imply for daily support

Lesson 3 - Lesson 3 - The flare-ups — recognize, react, support

- Definition: appearance or worsening of symptoms lasting more than 24 hours
- Frequent triggers: heat (Uhthoff phenomenon), infection, stress, extreme fatigue
- How a relapse manifests: new symptoms or sudden worsening
- Action in case of suspected relapse: alert quickly, never wait

Lesson 4 - Lesson 4 - The evolution of the disease over time

- MS is unpredictable: no reliable prognosis on individual evolution
- Factors associated with more favorable or more severe evolution
- Life expectancy and quality of life: current reassuring but nuanced data
- Psychological impact of living with unpredictability: what professionals must understand

MODULE 2**Motor and sensory symptoms**

4 lessons

Lesson 1 - Lesson 1 - Motor disorders — spasticity, weakness, walking difficulties

- Spasticity: muscle stiffness, spasms, associated pain — adapt mobilization
- Weakness and paresis: most often in lower limbs, impact on walking and transfers
- Coordination and balance disorders: cerebellar ataxia, risk of falls
- Motor fatigue: limb gives way after exertion — do not confuse with refusal

Lesson 2 - Lesson 2 - Sensory disorders — pain, paresthesia, touch disorders

- Paresthesias: tingling, burning, numbness — variable location
- Neuropathic pain in MS: frequent, intense, difficult to treat
- Lhermitte's sign: electric shock sensation in back upon neck flexion
- Allodynia and skin hypersensitivity: adjust contact care (touch, temperature)

Lesson 3 - Lesson 3 - Visual and oculomotor disorders

- Optic neuritis: unilateral vision loss, eye pain, often first manifestation
- Diplopia: double vision related to oculomotor disorders
- Nystagmus: involuntary eye oscillations, impacting balance and reading
- Adapt environment and written materials to visual impairments

Lesson 4 - Lesson 4 - Bladder-sphincter and sexual disorders

- Urgency and urinary incontinence: very common, source of shame and isolation
- Urinary retention: infectious risk, self-catheterization — vigilance role
- Constipation and digestive disorders: practical and preventive management
- Sexual disorders: approach with tact, refer to competent professionals

MODULE 3**Fatigue and Cognitive Disorders — the Invisible Heart of MS**

4 lessons

Lesson 1 - Lesson 1 - Fatigue in MS — the most disabling consequence

- Central neurological fatigue, distinct from ordinary physical fatigue
- Affects 80 to 90% of people with MS
- Uhthoff phenomenon: worsening of all symptoms due to heat

- Organize care and activities according to daily energy window

Lesson 2 - Lesson 2 - Adapting support to MS fatigue

- Identify signs of fatigue before exhaustion: slowing, irritability, motor degradation
- Never schedule effort at end of day or after intense activity
- Reduce thermal stimuli: avoid hot baths, sun exposure, overheated rooms
- Alternate effort and rest in each care: break is part of protocol

Lesson 3 - Lesson 3 - Cognitive disorders in MS

- Affects 40 to 70% of individuals, often unknown
- Specific profile: slowed processing speed, working memory, divided attention
- Executive functions: difficulties with planning, flexibility, initiation
- Difference between cognitive disorders in MS and dementia: do not confuse

Lesson 4 - Lesson 4 - Adapting support for cognitive disorders in MS

- Simplify and sequence instructions: one step at a time, wait for response
- Create stable routines compensating for memory and organizational difficulties
- Use visual aids and reminders in daily life
- Adapted cognitive stimulation: digital applications (JOE), calibrated activities, reinforcement

MODULE 4

Emotional and psychiatric disorders in MS

4 lessons

Lesson 1 - Lesson 1 - Depression in MS

- Affects 50% of people with MS during their lifetime
- Double origin: neurological (lesions) and reactive (response to losses)
- Signs: persistent sadness, withdrawal, loss of interest, dark thoughts
- Professional role: observe, report, do not minimize, never diagnose alone

Lesson 2 - Lesson 2 - Anxiety, emotional lability, and euphoria

- Anxiety related to uncertainty of progression, relapses, increasing dependence
- Emotional lability: uncontrolled crying or laughter of neurological origin
- MS euphoria: abnormally elevated mood, sometimes inappropriate, lesion-based
- How to respond without amplifying or denying these manifestations

Lesson 3 - Lesson 3 - The psychological impact of illness on identity

- MS as threat to professional, parental, social, and intimate identity
- Shame of invisible symptoms: fatigue, incontinence, cognitive disorders
- Mourning of projects and abilities: gradual, repeated, with no apparent end
- Maintain self-esteem and sense of competence at every stage

Lesson 4 - Lesson 4 - Supporting without invading — the right distance in MS

- Respect decision-making autonomy even when it seems compromised
- Do not overprotect: accelerates loss of autonomy and collapse of self-esteem
- Stimulate without forcing: find right level of engagement depending on the day
- Support relationship in MS: between professional support and respect for adult person

MODULE 5

Supporting autonomy and daily care

4 lessons

Lesson 1 - Lesson 1 - Daily living activities — helping without doing it for them

- Each action performed alone maintains neurological circuits
- Dressing, hygiene, meals: support techniques adapted to spasticity and fatigue
- Useful technical aids: orthoses, adapted utensils, grab bars, electric wheelchair
- Adjust assistance level to day's profile: good day vs bad day MS

Lesson 2 - Lesson 2 - Mobilization, transfers, and fall prevention

- Mobilization techniques adapted to spasticity: never force, respect rhythm
- Safe transfers: bed-chair, chair-toilet according to motor abilities
- Fall prevention: specific MS risk factors, adapting environment
- What to do after a fall: assessment, reporting, psychological support

Lesson 3 - Lesson 3 - Skin care and complication prevention

- Risk of pressure sores: spasticity, immobility, sensory disorders — enhanced monitoring
- Skin care adapted to sensitivity disorders: vigilance regarding temperature and pressure
- Prevention of urinary infections: hydration, hygiene, monitoring warning signs
- Contractures: prevention through regular mobilization and gentle stretching

Lesson 4 - Lesson 4 - Integrated cognitive stimulation in care

- Seize care moments to naturally stimulate: conversation, choice, narration
- Activities adapted to cognitive profile and daily fatigue
- Use of digital tools for cognitive stimulation (JOE, EDITH) in MS context
- Transmit observations on cognitive abilities to team and rehabilitation specialists

MODULE 6

Treatments for MS — what the professional needs to know

4 lessons

Lesson 1 - Lesson 1 - Background treatments — understanding to provide better support

- Immunomodulators and immunosuppressants: mechanism, goal of reducing flare-ups
- Forms: subcutaneous injections, infusions, tablets — impact on daily life
- Common side effects: flu-like symptoms, skin reactions, increased fatigue
- Professional role: observe side effects, support adherence, alert if necessary

Lesson 2 - Lesson 2 - Symptomatic treatments to know

- Treatments for spasticity: baclofen, botulinum toxin — effects and precautions
- Treatments for fatigue: medications and behavioral strategies
- Treatments for neuropathic pain: antiepileptics, antidepressants at analgesic dose
- Bladder treatments: anticholinergics, self-catheterization — precautions and support

Lesson 3 - Lesson 3 - Flare-ups and their treatment

- Bolus corticosteroid therapy: why, how, side effects to monitor (agitation, insomnia, hyperglycemia)
- What professionals must monitor during and after corticosteroid treatment
- Post-relapse recovery: variable, sometimes incomplete — adjust expectations
- Distinguish relapse from pseudorelapse: infection, heat, fatigue temporarily worsen

Lesson 4 - Lesson 4 - Rehabilitation — understanding to contribute

- Physiotherapy: motor maintenance, spasticity, balance, fall prevention
- Occupational therapy: technical aids, adaptations, preservation of functional autonomy
- Speech therapy: swallowing disorders, voice disorders, and cognitive functions
- Neuropsychology: cognitive assessment and rehabilitation — how to contribute daily

MODULE 7

Coordination, team and families

4 lessons

Lesson 1 - Lesson 1 - The multidisciplinary team around the person with MS

- Neurologist specialized in MS: treatment monitoring, managing relapses
- Rehabilitation professionals: physiotherapist, occupational therapist, orthoptist, neuropsychologist
- MS coordinating nurse and specialized MS care networks
- Support professional role: key observer, essential link

Lesson 2 - Lesson 2 - Observe, transmit, and alert in MS

- Signs to watch: worsening symptoms, fever, new symptoms
- Distinguish true flare-up from functional worsening related to heat or fatigue
- Write transferable observation: precise, factual, dated, without hasty interpretation
- Alert quickly and effectively in face of suspicious sign

Lesson 3 - Lesson 3 - Accompanying and supporting families

- What loved ones experience: uncertainty, exhaustion, gradual mourning
- Explain invisible symptoms to families who do not understand fatigue or cognitive disorders
- Build alliance with family around person's life project
- Guide families to resources: MS France, support groups, social worker

Lesson 4 - Lesson 4 - Specific ethical situations related to MS

- Young person with severe MS: specific challenges, life project, maintaining employment
- Refusal of treatment or rehabilitation: understanding before convincing
- Advance directives in MS: topic to address early, with tact
- Reporting abuse or neglect in context of increasing dependence

MODULE 8

Practical cases and consolidation

4 lessons

Lesson 1 - Lesson 1 - Protocols for the Most Common Situations

- Suspected outbreak in establishment: step-by-step decision tree
- Intense painful spasm during care: interrupt, position, alert
- Episode of confusion or unusual disorientation: distinguish medical emergency
- Fall of spastic person: secure intervention and reporting

Lesson 2 - Lesson 2 - Managing Heat and the Uhthoff Phenomenon

- Heatwave prevention protocol: ambient temperature, baths, activities
- Signs of heat-related deterioration: do not confuse with flare-up
- Rapid cooling measures: fresh linen, fan, cold drinks
- Adapt outings and activities according to season and weather

Lesson 3 - Lesson 3 - Situational exercises and role-playing

- Simulation: supporting fatigued person with MS who refuses care at end of day
- Simulation: managing emotional lability during intimate care moment
- Simulation: explaining to family why loved one "was fine yesterday and not today"
- Group debriefing: what worked, what could have been done differently

Lesson 4 - Lesson 4 - Final evaluation and resources

- Quiz to consolidate key learning from the training
- Each participant identifies most challenging MS situations in their practice
- Development of personal action plan for next 30 days
- Additional resources: MS France, ARSEP, HAS, recommended digital tools

Teaching methods

- E-learning accessible 24/7 from any device with internet connection
- Practical videos, clinical case studies, and interactive simulations
- Downloadable resources: protocols, observation grids, support tools
- Final evaluation quiz and certificate of completion
- Support available via email throughout the training period