

104-Monireh Babashahi
Babashahi.m@yahoo.com

Need or necessity for training MS Specialist Nurses in Iran

Introduction: MS is a progressive, inflammatory, neurodegenerative demyelinating disease of the central nervous system. It is the most common no traumatic cause of neurologic disability in young adults. According to statistics provided by the MS Society of Iran, about 70 thousand people are diagnosed with MS that this rate is increasing. The role of nurses in the care of these patients is very important. Nursing care of patients with MS and their families or care partners has evolved from a focus on interventions during periods of crisis to a focus on symptom management, wellness, prevention of disease worsening, and empowerment .But at this time due to the high volume of work and no enough education about MS, Iranian nurses only perform the orders about medicine and brief education in some aspect of MS to patients. From 15 years ago in some countries such as UK and USA came into a branch(trend) in nursing course as a MS Specialist Nurse. MS specialist nurses provide specialist clinical advice and support to people with MS.because of increasing the rate of Iranian patients with MS and significant activity of MS Specialist nurses in other countries .this article explain evidence-based recommendations on nursing activities that have the potential to maximize outcomes for adults with MS and assessing the evidence for the value of MS specialist nurses and need or necessity for train MS Specialist Nurses in Iran.

Method: computerized search of MEDLINE, Cochrane, and the Cumulative Index to Nursing and Allied Health Literature and other countries university websites and educational curriculum.

Results: People with MS need a specialist level of understanding from their health professionals in order to get appropriate care. Often it's only the MS nurse who can understand the hidden experience of living with MS as well as treating the acute symptoms. An MS nurse can act as a companion and guide, helping their patients to navigate the maze of services available.MS nurse roles and benefits can be summarized as follows:

- 1- provides information and education to patients and their cares on how to manage their conditional different stages of the disease from new diagnosis to palliative care
- 2- provides information and advice to patients on relapse management and the management of MS symptoms such as fatigue, incontinence and cognitive problems
- 3- Initiates and monitors treatment for relapses and other conditions associated with MS (such as urinary tract infections), either as a nurse prescriber or in conjunction with a GP / neurologist
- 4- Provides psychological support to patients, in particular helping them to deal with the uncertainty and stress associated with MS



دهمین کنگره بین المللی MS ایران

10th International Iranian MS Congress

اولین کنگره بین المللی بیماری Devic

1st International Congress of Devic syndrome

5- Provides information and advice on drug treatments and their side effects; trains patients in self-administering disease modifying therapies and monitors the effectiveness of treatments

6- Co-ordinates and brokers care for people with MS from other members of the multi-disciplinary team, such as neuro-rehabilitation and psychological support

7- Recruits patients into clinical research/conducts research that evaluates the effectiveness of treatments and care pathways

furthermore there are many evidence of the cost-effectiveness of MS nurses.

Conclusion: Due to the high volume of work and no enough education about MS and increasing the rate of Iranian patients with MS and significant activity of MS Specialist nurses in other countries , create the branch of MS specialist nurse is essential work in IRAN.