



## A Call to:

- European politicians
- National politicians
- Policy makers
- Stakeholders

Have a look at our Roadmap



# What is the problem?

Over 1 million Europeans live with Multiple Sclerosis (MS), most diagnosed in their 20s and 30s. MS is a chronic disease of the central nervous system, causing symptoms such as fatigue, vision and motor problems, cognitive changes, and difficulties with speech, mobility, and bladder function.

- 80% of people with MS are unemployed within 10–15 years of diagnosis.
  - 40–60% reduce social and leisure activities, especially in advanced stages.
  - There is no cure, but modern therapies and rehabilitation can delay disability and improve quality of life, work participation, and wellbeing.
- Specialised nurses are essential to make therapies effective. They are the workforce ensuring:
- monitoring MS drug treatment efficacy,
  - managing complex symptoms and side effects,
  - providing comprehensive patient education and
  - supporting diagnostics procedures.

Yet, they face two urgent challenges:

- Excessive caseloads: 516 patients per nurse (vs. recommended 358).
- Administrative overload, leaving less time for patient care.

Without specialised nurses, there cannot be effective therapies.



# How European healthcare systems needs to change (priority solutions)

Caring Without Burning Out: Smarter Workload Strategies for Nurses caring for PwMS



More specialised nurses caring for PwMS (incl. digital skills)



Access to psychologist, physiotherapist, occupational therapist, social worker for PwMS



Access to and a central role for nurses within the multi-disciplinary team (MDT) and ability to independently refer



Less and more efficient paperwork & streamlined administration utilising digital technology



Nurse independent prescriber qualification is available\*

\* We acknowledge that in many healthcare systems, this requires an evolution in the legal and training framework.

# Nursing for people with multiple sclerosis in Europe: Vision for the future

## Integrated Care Team (ICT)

- Nurses should work in a coordinated remote and F2F working setting
- The multi-disciplinary team should securely share patient data
- Administrative support should be enhanced to reduce administrative workload
- Nurses should be able to prescribe and refer
- PwMS should retain ownership of their health data

## Core multi-disciplinary team should be composed of:

- Nurse, neurologist, psychologist, physiotherapist
- Occupational therapist & social worker as needed

The core team should ideally be located together or coordinate remotely.

