



**National
Multiple Sclerosis
Society**

**Learner Handout
Current Topics in MS Webinar Series
Exercise and Physical Activity Recommendations for Patients with MS
September 10, 2020**

Successful completion of this activity requires that participants: register for the activity; review the required CE information included in this handout; attend the program; and complete the evaluation form.

To complete the program evaluation www.surveymonkey.com/r/ExerciseMS.

Faculty

Alex NG, PhD, FACSM, is a Professor in the Program in Exercise Science, Department of Physical Therapy at Marquette University, Milwaukee WI, and a Fellow of the American College of Sports Medicine. He received his doctorate at the University of Wisconsin Madison followed by two postdoctoral fellowships: one in autonomic control of the circulation, at the Universities of Arizona and Colorado, and the other in muscle fatigue the University of California San Francisco, after which found his way to Marquette University where he has remained since.

As a researcher, he has a 25 year and counting history of MS research with an emphasis on fatigue, exercise responses, and quality of life. He has a secondary research interest in cancer-survivorship. His laboratory work can be described as integrative and translational, and the non-invasive techniques he uses allow him to probe the pathway of muscle force production from cortical activation to muscle metabolism. Most recently he has begun to move outside his laboratory into the community to investigate and promote the benefits of recreational physical activity, including partnered social dance, for persons with MS.

Alex is a frequent speaker for both Can Do Multiple Sclerosis, and the National MS Society. He currently serves as a member of the National MS Society's "Wellness Research Working Group" and "Pathways to Cures Think Tank" In his spare time, he enjoys outdoor recreational activities, music, song, dance, and is an adult learner of the violin and mandolin, earplugs not included.

Target Audience

This activity has been designed to meet the educational needs of physicians, advanced practice clinicians, nursing professionals, physical therapists, and occupational therapists who provide care for patients with MS.

Learning Objectives

Upon completion of this activity participants should be better able to:

- Analyze current evidence supporting the role of exercise and physical activity in the management strategy for patients living with MS
- Identify and address the barriers to participation in exercise and physical activity frequently experienced by people living with MS
- Promote the benefits/safety of exercise and lifestyle physical activity for people living with MS

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experimental design, data collection, and analysis. CMSC, NMSS, and VAMSCoE are committed to providing learners with high-quality CE activities that promote improvements in health care and not those of a commercial interest.

Faculty Disclosures

Alex Ng, PhD, FACSM has disclosed no relevant financial relationships.

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INTERPROFESSIONAL CONTINUING EDUCATION

Accreditation and Credit Designation

In support of improving patient care, this activity has been planned and implemented by the Consortium of Multiple Sclerosis Centers (CMSC), the National Multiple Sclerosis Society (NMSS), and the VA MS Centers of Excellence (VAMSCoE). CMSC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

PHYSICIANS

The Consortium of Multiple Sclerosis Centers designates this live activity for a maximum of 1 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NURSES

The Consortium of Multiple Sclerosis Centers designates this activity for 1 contact hour of continuing education for nurses.

PAS



The Consortium of Multiple Sclerosis Centers (CMSC) has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1 AAPA Category 1 CME credit. PAs should only claim credit commensurate with the extent of their participation.

All other healthcare professionals completing this program will be issued a certificate of participation.

If you have any questions about this activity, please contact the National MS Society at healthprof_info@nmss.org