



**National  
Multiple Sclerosis  
Society**

**Learner Handout  
Current Topics in MS Webinar Series  
Comprehensive Management of Pain in MS  
March 30, 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 visit:

### **Faculty**

**Dawn Ehde, Ph.D.**, is a clinical psychologist in the UW Medicine Division of Clinical and Neuropsychology and a UW professor of Psychology and Rehabilitation Medicine. Dr. Ehde believes in creating active partnerships with her patients to achieve the best possible outcomes. Dr. Ehde earned her Ph.D. at the University of North Dakota. She is a fellow of the American Psychological Association. Her clinical interests include acquired brain disorders, including traumatic brain injury, multiple sclerosis and stroke, and behavioral interventions targeting chronic pain, depression, insomnia, fatigue and wellness. Her research interests include managing chronic pain in persons with amputations and improving the functioning of persons with multiple sclerosis through rehabilitation techniques.

**Heidi Wynn Maloni, PhD, ANP-BC, CNRN, MSCN** is the National Clinical Nursing Director for the Multiple Sclerosis Center of Excellence East at the Veterans Affairs Medical Center in Washington, DC, where she heads up research and programs to further the understanding of MS and its impact on veterans while aiding in the development of treatments to manage the disease and its symptoms. Dr Maloni is also a clinical instructor in the School of Nursing at The Catholic University of America (CUA). Her relationship with CUA is a longstanding one: It is where she earned her bachelor's, master's, and doctoral degrees. Dr Maloni is a leader and consultant in both the National MS Society and the International Organization of MNS Nurses. She is a Certified Neuroscience Registered Nurse, a Certified Adult Nurse Practitioner, and a MS Certified Nurse. Dr Maloni led the successful campaign to certify MS nurses internationally. Dr Maloni has been advising on professional resources in medical education since 2000. In 2013, she received the Paralyzed Veterans of America Nurse Award for exceptional service to veterans with spinal cord injuries and disorders and, in 2016, she was honored with a Research Award from the International Organization of MS Nurses and earned a commendation from VA Secretary Robert McDonald for excellence in patient care. She has served as an expert faculty member for the National Capital MS Society and does field work with MS patients and their families.

### **Target Audience**

This activity has been designed to meet the educational needs of physicians, advanced practice clinicians, nursing professionals, mental health professionals, psychologists, and other members of the healthcare team who manage patients with MS.

### **Learning Objectives**

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

- Identify the specific types of pain, the causes and treatment options
- Discuss how mindfulness strategies can be incorporated into a comprehensive pain management strategy
- Implement strategies for monitoring and managing pain

## Disclosure of Financial Relationships

In accordance with the ACCME Standards for Commercial Support, CMSC, NMSS, and VAMSCoE require that individuals in a position to control the content of an educational activity disclose all relevant financial relationships with any commercial interest. CMSC, NMSS, and VAMSCoE resolve all conflicts of interest to ensure independence, objectivity, balance, and scientific rigor in all their educational programs. Furthermore, CMSC, NMSS, and VAMSCoE seek to verify that all scientific research referred to, reported, or used in a CE activity conforms to the generally accepted standards of 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

Dawn Ehde, Ph.D. and Heidi Wynn Maloni, PhD, ANP-BC, CNRN, MSCN have disclosed no relevant financial relationships.

## Staff Disclosures

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INTERPROFESSIONAL CONTINUING EDUCATION

Accreditation and Credit Designation	
<p>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.</p>	
<b>PHYSICIANS</b>	The Consortium of Multiple Sclerosis Centers designates this live activity for a maximum of 1 <i>AMA PRA Category 1 Credit(s)</i> <sup>™</sup> . Physicians should claim only the credit commensurate with the extent of their participation in the activity.
<b>NURSES</b>	The Consortium of Multiple Sclerosis Centers designates this activity for 1 contact hour of continuing education for nurses.
<b>PAS</b> 	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.
<b>SOCIAL WORKERS</b> 	As a Jointly Accredited Organization, the Consortium of Multiple Sclerosis Centers (CMSC) is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. CMSC maintains responsibility for this course. Social workers completing this course receive 1 continuing education credit.
<b>PSYCHOLOGISTS</b> 	Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP) and the Consortium of Multiple Sclerosis Centers (CMSC). The CMSC maintains responsibility for the content of the program. Psychologists completing this course receive 1 continuing education credit.
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](mailto:healthprof_info@nmss.org)