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Dear Philip,

Welcome to the final edition of the year. This issue brings together key updates in neurorehabilitation, hospital care, diagnosis guidance, symptom management, and the latest research.

Research News and updates

Glasgow Neurorehabilitation Forum report

Held on World MS Day, the Glasgow Forum brought together 42 professionals across clinical, managerial, therapy, and third-sector roles. Delegates discussed barriers to neuro-rehab and agreed priority areas for future improvement.

[▶ Read the Neuro forum report](#)

Rethinking MS hospital care

Hospital services play a crucial role, but pressure on neurology pathways is rising. People are waiting longer for first appointments, and avoidable emergencies continue to drive admissions and costs.

▶ [Read the MS hospital care report](#)



APPG for MS meets

The All-Party Parliamentary Group for MS recently explored the experiences of people accessing hospital care.

▶ [Read the APPG discussion summary](#)

New NICE guidance: Rehabilitation for chronic neurological conditions

New guidelines now cover rehab needs across all settings for chronic neurological disorders, acquired brain injury, and progressive neurological disease.

▶ [Read the NICE guideline](#)

Updated McDonald criteria for diagnosing MS

A helpful explainer on the recent changes to the McDonald diagnostic criteria is now available, along with further analysis from MSIF.

▶ [Read our explainer](#)

▶ [Read the MSIF update](#)

Latest research highlights



The ORATORIO-HAND trial shows ocrelizumab may slow disability progression, including hand and arm function, in more people with primary progressive MS.

▶ [Read the results](#)



Early findings from the CCMR2 trial suggest two existing drugs may help boost myelin repair in relapsing MS. We spoke to Dr Nick Cunniffe, who lead the trial.

▶ [Read the trial update](#)

Research News and Updates

A relapse checklist

Three MS Helpline nurses answer six key questions to help recognise, plan for, and manage relapses.

▶ [Read the checklist](#)

“After my MS diagnosis, I became an advocate”

Gemma shares her five-year journey to diagnosis and how it inspired her to champion disability rights.

▶ [Read Gemma's story](#)

Our latest information

The effects of temperature on MS

How heat and cold can influence symptoms and what people with MS can do to manage changes.

▶ [Read more about MS and cold weather](#)

Shoulder and upper back pain

Specialist nurses outline causes and management approaches for this common MS-related pain.

▶ [Read more](#)

Managing headaches with MS

A look at headache types more common in MS - including migraines and tension headaches - and how to manage them.

▶ [Read more about managing headaches](#)

Pain and MS

An overview of MS-related pain and options for relief, from medicines to non-drug therapies.

▶ [Read more about managing pain](#)

Disease-Modifying Therapies (DMTs)

- [Cladribine \(Mavenclad\)](#)
- [Dimethyl fumarate \(Tecfidera\)](#)
- [Diroximel fumarate \(Vumerity\)](#)
- [Ocrelizumab \(Ocrevus\)](#)
- [Siponimod \(Mayzent\)](#)

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