

Comprehensive  
Multiple  
Sclerosis  
Nursing Update

---

2018



**National  
Multiple Sclerosis  
Society**

# Important Notes

- Specific test questions will not be discussed
- Participation in this call does not guarantee you will pass the MSCN exam



# Overview

- The Multiple Sclerosis Nurses International Certification Board (MSNICB) endorses the concept of voluntary, periodic certification by examination for all nurses involved in multiple sclerosis care.
- Board certification in multiple sclerosis nursing is highly valued and provides formal recognition of basic multiple sclerosis nursing knowledge.



# General Test Information

- Candidates must be a registered nurse (RN)
  - Recommended to have at least 2 years of experience in MS nursing
- Testing is offered at the Consortium of MS Centers (CMSC) annual meeting and over a two-week period in June and November
  - Online application and fee is due roughly one month prior to examination date
- Results will be mailed 4 weeks after testing period ends



# Testing format

- Computerized exam
- Testing time is 2.5 hours
- 150 questions
  - Will need to answer 110-120 correctly to pass
- Questions are multiple choice
- Each question has one correct answer and 3 distractors
  - No select all that apply



# Preparing for the exam

- Recommend studying 2-3 times per week, starting 2-3 months prior to taking the exam
- Consider a study buddy for accountability



# Exam Content

Content Area	Percentage
Concepts underlying clinical practice	23%
Assessment & intervention for clinical practice	42%
Advocacy	10%
Education	7%
Research	8%



# Concepts Underlying Clinical Practice

- Definition of Multiple Sclerosis
- Pathophysiology of MS
- Disease Courses and Classifications
- Diagnosis of MS
- Diagnosis of Relapse





# Assessment and Intervention for Clinical Practice

- Pharmacologic Interventions
- Symptoms and Symptom Management
- Psychosocial Issues
- Assessment Tools
- Complementary Options
- Pediatric Issues



# Advocacy

- Patient Rights
- Ethical Practice
- Negotiating the Health Care System
- Empowerment
- Community Resources
- Organizations



# Education

- Disease Specific
- Health Promotion and Change Theory
- Comorbidities
- Cultural and Gender Considerations
- Adherence



# Research

- Terminology and Process
- Protection of Human Subjects
- Evidence Based Practice
- Translational Research



# Study References

- Multiple Sclerosis Nursing International Certification Examination Handbook for Candidates
  - Provides detailed outline of topics covered on exam
  - Available at: <http://ptcny.com/pdf/MSNICB.pdf>
- Nursing Practice in MS: A Core Curriculum by June Halper MSN, APN-C, FAAN, MSCN and Colleen Harris, MN, NP, MSCN
  - Make sure you have the 4th edition, 2017
  - Includes practice questions and case studies



# Study References

- MS Coalition Consensus Paper-The Use of Disease Modifying Therapies in Multiple Sclerosis: Principles and Current Evidence
  - Table 1 lists each drug and it's MOA, side effects and warnings
  - Table 2 lists each drug and it's effect on relapse rate and disability progression from clinical trials
  - Available at:  
[https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/DMT\\_Consensus\\_MS\\_Coalition.pdf](https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/DMT_Consensus_MS_Coalition.pdf)
- McDonald Diagnostic Criteria-2017
  - Available at: <https://www.nationalmssociety.org/For-Professionals/Clinical-Care/Diagnosing-MS/Diagnosing-Criteria>



# Additional Preparation

- Online Practice Test is available for purchase.
  - [www.msnicb.org](http://www.msnicb.org) for further details.
  - Fee is \$50
  - Feedback will be provided on areas of weakness (i.e. research, advocacy)
  - Correct answers to questions are not covered
- Linda Morgante MS Nurse Leadership Program
  - Intensive 2 day course immediately preceding CMSC Annual Meeting. Application deadline typically mid-March.
  - <http://lindamorgante.achlcme.org>



# Additional Preparation

- CMSC Annual Meeting
  - Fundamentals of MS Care Track
- IOMSN membership
  - \$50/year
  - Online educational opportunities [www.IOMSN.org](http://www.IOMSN.org) and [www.mscares.org](http://www.mscares.org)
  - Regional in-person programs
    - Occur across the nation in the Fall
    - See website for dates and locations





# Recertification

- Required every 5 years
- See [www.msnibc.com](http://www.msnibc.com) for specific requirements



# FAQ

- How much do we need to know about DMT's?
  - Thorough understanding of DMT's is expected including, but not limited to:
    - FDA indications for each
    - Mechanism of action
    - How administered
    - Side effect profile
    - Risks and Safety considerations
- How in-depth are the exam questions?
  - The test is designed for the RN with at least two years of MS nursing experience. The questions require careful thought but reflect a baseline knowledge of MS.



# FAQ

- What kinds of research or clinical trial information is asked?
  - MS nurse's roles and responsibilities in MS research
  - Clinical trial phases
  - Informed consent
  - IRB
  - Trial design
  - Evidence based practice
- What symptomatic treatments/medications are good to know?
  - Thorough understanding of symptom management is expected, including medications used to manage symptoms



# Disease Modifying Agents

## Self-injected agents:

- glatiramer acetate (Copaxone® and Glatopa®)
- interferon beta 1-a, subcutaneous (Rebif®)
- interferon beta 1-a, intramuscular (Avonex®)
- interferon beta 1-b (Betaseron® and Extavia®)
- pegylated interferon beta-1 a (Plegridy®)

## Oral agents:

- dimethyl fumarate (Tecfidera®)
- fingolimod (Gilenya®)
- teriflunomide (Aubagio®)

## Intravenous agents:

- ocrelizumab (Ocrevus®)
- alemtuzumab (Lemtrada®)
- mitoxantrone (Novantrone®)
- natalizumab (Tysabri®)

