

**The Mount Sinai Hospital
Department of Nursing
IOMSN Website Program**

Title: Pregnancy & Multiple Sclerosis (MS) Webinar

Target Audience: Nurses who care for MS patients

Overall Purpose: To describe the interaction between pregnancy and MS

Date: Web program; February 12, 2013 – April 25, 2015

Objectives (with time frame): Each participant will be able to:

1. Distinguish between myths and facts about pregnancy in MS
2. Describe the relationship between pregnancy and MS
3. Identify therapeutic options in pregnant women with MS

Content (Topic for each objective):

Objective 1: Distinguish between myths and facts about pregnancy in MS - 40 minutes

- Pregnancy is contraindicated in MS (Myth)
- Childbirth must be via c-section and not vaginal delivery (Myth)
- MS women are not allowed to have epidural (Myth)
- Bonding is possible only by breastfeeding (Myth)
- MS women can potentially have more issues during their pregnancy (fact)
- MS women are not allowed to have steroids during pregnancy (Myth, with caution)

Objective 2: Describe the relationship between pregnancy and MS - 40 minutes

- Immune system changes during pregnancy and its effects on MS
- Hormone levels during pregnancy and their effects on MS
- MS neurological changes and their effect on pregnancy

Objective 3: Identify therapeutic options in pregnant women in MS - 20 minutes

- The role of DMAs pre-during-post pregnancy
- Intravenous steroids and their effects in pregnant women with MS
- The role of intravenous immunoglobulins (IVIg) in pregnant women with MS

Presenters(s):

Aliza Ben-Zacharia, DrNP, ANP-BC, MSCN

Methodology: Electronic slide presentation

Evaluation

Evaluation form

Post-Test – 20 minutes & detailed answers