

Francesco Pastore, RN, MSN, PhD



Short Professional Biography:

Francesco Pastore is a research nurse at the MS Center, University of Bari, and holds a PhD in Nursing Sciences and Public Health from the University of Rome Tor Vergata. With a solid clinical and academic background in neurological rare diseases and multiple sclerosis, his core expertise includes digital health literacy, telemedicine, and the development of innovative eHealth nursing interventions. He has authored several scientific publications focusing on multiple sclerosis and health literacy and has presented his research at both national and international conferences.

He is currently involved in international collaborative studies investigating health literacy in patients with neuromyelitis optica (NMO), as well as the relationship between unmet needs and health literacy in people with chronic neurological conditions.

Francesco is a member of the FNOPI National Committee for Rare Diseases at the Italian Ministry of Health and serves as President of the Italian Society of Multiple Sclerosis Nurses (SISM). He is also a contract professor at the University of Bari, where he teaches evidence-based nursing, digital health, and chronic care topics across a range of healthcare programs.

His international experience includes clinical work in the UK and collaborations with various European research institutions. Francesco brings together scientific rigor, practical experience, and educational leadership to support innovative, patient-centered, and digitally integrated nursing care.

Brief Description of Your Project:

Title: Enhancing Health Literacy and Reducing Unmet Needs in People with Multiple Sclerosis: A Randomized Controlled Trial of AI-Supported vs. Traditional Nurse-Led Education

Description: This randomized controlled trial aims to evaluate the effectiveness of an AI-supported nursing educational intervention, using ChatGPT, in enhancing health literacy (HL) and reducing unmet needs (UN) among people with Multiple Sclerosis (pwMS). The study compares two educational approaches: a traditional nurse-led intervention and an AI-assisted approach where ChatGPT provides personalized health education under nurse supervision. HL and UN will be assessed using validated tools (HLS19-Q12 and LUN-MS) at three time points: baseline (T0), post-intervention (T1), and follow-up (T2). The primary objective is to improve HL, enabling pwMS to better understand their condition, manage symptoms, adhere to treatment, and access healthcare services. The secondary objective is to reduce UN by empowering patients to communicate their needs and navigate the healthcare system more effectively. Conducted over 18 months, the study will involve patient recruitment, baseline assessments, a 6-month intervention phase, and follow-up evaluations. By integrating AI into nursing education, this study aims to provide evidence on how digital tools can enhance patient empowerment, support nurse workflows, and improve healthcare outcomes for pwMS.