

## Marina González del Rio, RN, MsC

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### Short Professional Biography:

Marina González del Rio is a registered nurse specializing in multiple sclerosis. She began her research career at the Biomedical Research Institute of Girona (IDIBGI), within the Neuroinflammation and Neurodegeneration research group. Over the past decade, she has combined clinical practice with active participation in multiple sclerosis clinical trials. Currently, she serves as the thought leader of the Nursing Research Unit at the University Hospital of Girona Dr. Josep Trueta, where she promotes nurse-led research to improve healthcare outcomes. Completing her PhD, Marina's work focuses on psychometrics, health education, and multiple sclerosis. This line of research has led her to join the Research Group on Measures Sensitive to Nursing Practice (GREMSPI), where she contributes her expertise to projects aimed at increasing the visibility and impact of nursing-sensitive outcomes. Her work has been presented nationally and internationally, and she has received several recognitions for her commitment to advancing nursing science and driving innovation in healthcare.

### Brief Description of Your Project:

One of our core commitments as nurses is to ensure that people with multiple sclerosis (MS) understand their disease, manage their health autonomously, and successfully navigate the healthcare system through effective health education. However, without a valid and reliable instrument, it is challenging to measure the impact of interventions aimed at enhancing health literacy in this population. The aim of our project is to culturally adapt and validate the *Multiple Sclerosis Health Literacy Questionnaire (MSHLQ)* for the Spanish population. This multicenter study involves the collaboration of six national healthcare institutions and the participation of over 1,000 individuals with MS. The adapted MSHLQ will be a valuable tool to optimize health education strategies, evaluate their effectiveness, and tailor them to the specific needs of each individual and context. Its implementation will benefit nursing practice by enabling the measurement of nursing-sensitive outcomes. Furthermore, its use may strengthen the knowledge, autonomy, and empowerment of people living with MS, ultimately improving their quality of life and fostering greater engagement in their own health management.