

## Stephanie McLeod, NP

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### **Short Professional Biography:**

Stephanie spent the large majority of her nursing career, since 2007, in a combined ICU/CCU and worked as a clinical nursing instructor for Mount Royal University on the side for 10 years. She also spent a few years nursing in outpost centres in remote Northern Canada before returning home to start a family in 2012. Continuing her education, Stephanie graduated as a Nurse Practitioner in 2019. She has a strong desire for patient and family centred education and empowerment.

She has been involved in neurology the last four years and has continued her passion for patient education through a joint project for the Alberta Neurologic Centre's Multiple Sclerosis Patient Education Program.

### **Brief Description of Your Project:**

This program focuses on a multidisciplinary approach to patient and family education throughout the journey of multiple sclerosis. It includes in person and zoom (as we serve all of Southern Alberta) education sessions once per quarter, peer support groups and an online portal for up to date, evidence-based information regarding MS. Our information sessions include general information, DMT, lifestyle, sexual health, exercise with our physiotherapist, managing spasticity, mental health and other effects of MS. The goal of our education session to ensure our patients and their families feel supported throughout different life stages and phases of MS. We aim to empower our patients and their families to allow MS to be a footnote in their lives, rather than dictate it!