

Trudy Campbell, BScN, MN, RN, NP, MSCN



Short Professional Biography:

Trudy is a Nurse Practitioner of Neurology Multiple Sclerosis Clinic Queen Elizabeth II Health Sciences Centre and an Adjunct Professor, Dalhousie University School of Nursing, Halifax, Canada. She graduated with her undergraduate degree in nursing from University of Prince Edward Island (1996) and went on to receive her Master of Nursing from Dalhousie University (2002). She is a member of the Consortium of MS Centres, International Organization of MS Nurses. She is a Multiple Sclerosis Certified Nurse (MSCN) and a CIINDE® Certified Holistic Nurse Coach & Consultant (CCHNC-C). She has over 20 years of experience as a Nurse Practitioner in MS care. In addition to providing direct patient care, she oversaw the clinical and research program for over 15 years. She has collaborated on several research projects and peer reviewed publications. Her happy place is on Prince Edward Island watching the sunset.



Sunset in Wood Islands, Prince Edward Island
Photo courtesy of Matt Campbell, 2024

Brief Description of Your Project:

Developing holistic health care pathways for persons with MS, supporting healthy aging.

According to the recent census, 22% of Nova Scotia, Canada residents are over the age of 65 years owing to improved socioeconomic factors including improved health care. The needs of persons with MS who are aged 55 years and over is poorly understood. Earlier treatment with higher efficacy DMTs, improved management of comorbidities, and overall improved health care has increased lifespan of persons with MS. MS Care must be rooted in a holistic wellness-based principles recognizing the interconnectedness of physical, mental, emotional, social, and spiritual aspects of health with the goal of treating the whole person and promoting well-being and quality of life. Evidence informed, team-based care pathways focused on health promotion and illness prevention that are accessible, and an acceptable cost need to be developed and tested to support healthy aging for persons with MS.