

PREGNANCY: COUNSELLING, IMAGING AND PRESCRIBING

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Learning objectives

At the end of this module you should be able to:

- Facilitate informed decision making for people with MS and their partners regarding MS management before during and after pregnancy
- Offer practical advice about pregnancy planning and relapse management during pregnancy
- Know where to find up-to-date information about the use of MS disease-modifying therapy (DMT) and symptomatic treatments in pregnancy

Reflective questions

Before the module, please reflect on a recent case where a woman became pregnant, or wanted to become pregnant, while taking a DMT. What advice did you offer? With the benefit of hindsight, what else did you need to know to facilitate informed decision making?

What are the three most important 'take-home messages' you learnt in the module? How will these influence your practice?

Are there opportunities to improve management before, during, and after pregnancy in your practice? If not, why not? If so, what changes will you make? Do you expect to face any hurdles? If so, how will you overcome these?

Further reading

Benoit A, Durand-Dubief F, Amato M-P et al History of multiple sclerosis in 2 successive pregnancies: A French and Italian cohort *Neurology* 2016;87:1360-1367

Confavreux C, Hutchinson M, Hours MM et al Rate of pregnancy-related relapse in multiple sclerosis *New England Journal of Medicine* 1998;339:285-291

Ray JG, Vermeulen MJ, Bharatha A et al Association between MRI exposure during pregnancy and fetal and childhood outcomes *JAMA* 2016;316:952-961

Razaz N, Tremlett H, Marrie RA et al Peripartum depression in parents with multiple sclerosis and psychiatric disorders in children *Multiple Sclerosis* 2016;22:1830-1840