



Newsletter – 01

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Study update

Hello and a warm welcome from all of us on the STIM MS team!

Thank you for stopping by and taking the time to read our newsletter.

The idea is to keep it short, sweet and simple so you can find out more about the study.

So far things are going well. This newsletter marks one-year since we officially started which means we are officially one year old!

We are up and running at both of our hospital sites.

So far, we have recruited 10 people into the study which is 20% of our target.

We have 10 months to get another 40 people and are currently on track.

Thank you to everyone so far who's helping take part in the study.

Meet a member of the STIM MS research team

Debbie – PPIE co-applicant

Every week we will be featuring a member of the team and their role to give some more insight into what goes on behind the scenes. This week features Debbie our PPIE co-applicant who works alongside our PPIE and EDI lead Dr Kerry Hanna and Dr Jennifer James.



Can you tell us a bit about yourself?

Hi I am Debbie a PPIE Co-applicant. I was diagnosed with Primary Progressive Multiple Sclerosis (PPMS) over 30 years ago. I did not meet the criteria to go on Disease Modifying Therapies (DMT's), so I have managed my MS myself. After a lot of trial and error, I eventually found exercise therapy really helped me.

Can you tell us what PPIE is?

PPIE stands for Patient and Public Involvement and Engagement. It's a way of making sure people affected by a condition are made equal partners in the research journey. This is to make sure it addresses the problems and things that are important to them. It makes sure the research is useful and helps to highlight things that may be. PPIE help generate ideas, design studies, write applications, information leaflets, look at results write articles and lots lots more!

What made you want to be involved in this study?

I was excited to be asked to be involved in this study. It combines two therapies I have found beneficial to myself, electrical stimulation & exercise. I was interested to see if other people with MS would benefit too.

What do you do as a PPIE member in the study?

My role is to make sure that patients & public are kept informed of the research undertaken. I help identify any challenges with study & make suggestions for future actions. I also contribute to discussion meetings on behalf of people with MS.

Our study presented at Walton Centre Allied Health Professions research day

An update from our Principal Investigator (Jenny) and research assistant (Sugnia) who recently presented our study at the Walton Centre Allied Health Professions research day.



We were pleased to display and present our study STIM-MS feasibility study on the allied Allied Health Professions research day poster presentation organised by The Walton Centre NHS Foundation Trust on 14 October 2025.

It was an amazing opportunity to share the study's aims, objectives, and design with fellow Allied Health Professionals (including physiotherapists, occupational therapists, speech and language therapists, and dietitians) and to showcase the emerging research on

technological interventions in the field of Multiple sclerosis rehabilitation.

The event enabled meaningful discussions, provided valuable feedback from colleagues, and offered insight into other research initiatives across the therapy team. It also helped us to highlight the importance of integrating research in clinical practice and inspiring other AHP in research and innovation activities.

Other news

We have had an abstract accepted for the Clinical Movement Analysis Society of the UK and Ireland conference which will happen in Dublin during April 2026.

Study website and social media

Stay up to date with the study on our website and social media channels

Website: <https://stim-ms.co.uk/>

X account: @stim_ms; Bluesky: @stim-ms.bsky.social