



Newsletter – 02 September 2026

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Study update

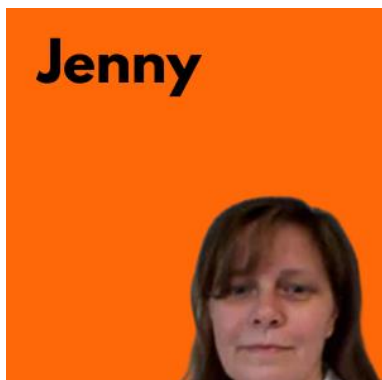
The study continues to progress well. We are recruiting well at both sites and have also started interviewing people to find out how they have found being involved in our research. This will help us to see if there's anything we need to think about or change for a future study. So far, we have recruited **37 participants**, which is **74% of the total study**. We have **4 months left** to get another **13 people** recruited into the study. Thank you to everyone who is involved in this study.

Could you help with our research study?

We are looking to have a diverse representation of people in our Patient and Public Involvement group (PPI). If you think you could help or know someone who could then please contact us and we can provide some more information.

Meet the STIM MS team - Principal Investigator - Jenny

The Walton Centre for Neurology and Neurosurgery



Can you tell us a bit about yourself?

I am a Physiotherapist in the Multiple Sclerosis (MS) Team at The Walton Centre. I have worked with people living with MS for over 25 years and been able to support many individuals through different stages of their MS journey. I have always been passionate about helping people maintain their mobility, independence and

quality of life, and this continues to inspire me. My interest in research began when I completed a Master's degree exploring how care could be better coordinated for people experiencing an MS relapse. The research was published and helped to shape the development of our multidisciplinary MS relapse clinic. Since then, I've been involved in several MS research projects; I continue to be keen to find ways we can improve services and outcomes for people living with MS.

What made you want to be involved in this study?

I was excited to be part of a physiotherapy-led study that has the potential to make a real difference to people's lives. As physiotherapists, we work closely with people living with MS and see first-hand the challenges they face every day. We also see the positive impact that rehabilitation can have. STIM MS is exploring an approach that combines treatments already used in clinical practice, and I was keen to help build the evidence about whether they can work even better together. I was also enthusiastic about supporting a research project led by physiotherapists. Research leadership has traditionally been associated with medical roles, so this was a great opportunity to demonstrate the important contribution therapists can make to research and to support our Trust's wider ambition of increasing research engagement across all professional groups.

What does being a Principal Investigator and co-applicant look like for you?

My role is to help lead the study, ensure it is delivered safely and successfully, and to support the Research Assistant in their duties related to the study. I work with the research team on all aspects of the project, from planning and delivery through to discussing recruitment, progress and overcoming any specific clinical challenges along the way. I also bring a clinical perspective to the study, helping to ensure that the research remains focused on what matters most to people living with MS and is practical to deliver in real-world healthcare settings.

Why is this study important to you?

Over the years, I've met so many people with MS who are motivated to find ways to stay active, maintain their independence and continue doing the things that matter to them. That's why research like STIM MS is so important. I'm passionate about ensuring that people with MS have access to evidence-based rehabilitation and treatment options. I hope this study will help us better understand how these interventions can support people living with MS and ultimately contribute to improving care for future generations. I hope it helps towards answering some of the questions that matter to people living with MS and gives them confidence that the treatments we recommend are backed by robust research evidence.

Meet the STIM MS team - Principal Investigator - Dan The Royal Wolverhampton Trust



Can you tell us a bit about yourself?

I have worked as a nurse in neurorehabilitation for around 25 years. My background includes experience as a charge nurse on a neuro-rehabilitation ward and as a ward manager on stroke rehabilitation. In 2014 I became a clinical nurse specialist in multiple sclerosis. In 2022 I completed a Master's degree in advanced clinical practice and became an Advanced Clinical Practitioner in multiple sclerosis. This is the first such post in the UK.

What made you want to be involved in the study?

As an Advanced Clinical Practitioner, part of my role is to demonstrate competence in research as well as clinical care and education. My Advanced Clinical Practitioner mentor suggested STIM-MS as a perfect opportunity to become involved in research and gain experience as a principal investigator. Having completed my dissertation on 'barriers and facilitators to physical activity for people with MS to delay the onset of disability' I felt able to offer STIM-MS appropriate knowledge and skills.

What does being a Principal Investigator and co-applicant look like for you?

As a first time PI I have tried to be as 'hands on' as possible to soak up as much of the experience as I can. I am responsible for overseeing the study at my site, including screening, consent, randomisation, recording data and reporting any issues as part of a feasibility study.

Why is this study important to you?

This is the first opportunity for the people with MS at my service to actively take part in research locally. This is something I am proud of. It has also allowed me to showcase my role as an Advanced Clinical Practitioner nationally as an approach to best practice and excellence in MS nursing. STIM MS is providing me with fantastic experience which I can take forwards into other research projects in the future.

Presenting our research

MS Frontiers – June 2026, *University of Edinburgh*

Sugnia

Our researcher Sugnia had the opportunity to present the **STIM-MS study** at **MS Frontiers 2026**, a biennial national conference bringing together researchers, healthcare professionals, and people with an interest in multiple sclerosis.

During the conference, she delivered a **3-minute Flash Talk** and presented a **research poster**, highlighting the aims, progress, and key findings of the STIM-MS study. It was a valuable opportunity to share our work with experts in the field, exchange ideas, receive constructive feedback, and raise awareness of the study within the wider MS research community.

We also received a recognition award for our work around Patient and Public Involvement and Equality Diversity and Inclusion. A big thank you to Sugnia and the public advisory group for all their hard work.



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