



**MPN VOICE 'VIRTUAL' PATIENT SUPPORT EVENT – IRELAND**

**SATURDAY 28<sup>th</sup> NOVEMBER 2020**

**10 am – 12.30 pm**

**PROGRAMME**

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|---------------|---|
| 10.00 – 10.10 | Welcome and introduction from MPN Voice<br>Mrs Nona Baker, Co-Chair MPN Voice   |
| 10.10 – 10.20 | MPN Voice Financial and funding - what we support and why, and patient story<br>Mr Tim Ellis, Chief Financial Officer MPN Voice   |
| 10.20 – 10.40 | Managing emotional distress and living well amid uncertainty<br>Dr Tara Houlihan, Senior Clinical Psychologist<br>Mercy University Hospital, Cork   |
| 10.40 – 11.00 | Keeping safe and what to expect when you come to clinic<br>CNS Avril Gleeson, Mercy University Hospital, Cork   |
| 11.00 – 11.20 | Fatigue and sleep challenges<br>Mary Moriarty, CNS, Systemic Psychotherapist and Complementary Therapist, St Vincent's Hospital, Dublin   |
| 11.20 – 11.30 | Patient talk<br>Mr Pat Murphy (ET patient)  |
| 11.30 – 11.40 | Patient Talk<br>Miss Maëlla Roué (ET patient)   |
| 11.40 – 11.50 | Comfort/coffee break  |
| 11.50 – 12.20 | Panel Q&A – <b>LIVE</b> session for panel to answer questions submitted by the audience prior to the event (Tara Houlihan, Avril Gleeson, Mary Moriarty and Tim Ellis)<br>Chaired by Nona Baker |
| 12.20 – 12.25 | Close of event and thanks – Nona Baker  |