

New MS Nurse-led resource to support Australians living with MS amid MS specialist nurse care shortages

29 May 2026: MS Australia and MS Nurses Australasia have today launched 'Back on Track,' an innovative new MS Nurse-led video and audio resource designed to empower and guide people living with Multiple Sclerosis (MS) through their unique journey.

The series has been developed by expert MS Nurses, drawing on their combined 140 years of experience working in MS, together with lived experience contributions from the MS community.

The resource launches at a time when one in three Australians living with MS lacks access to specialist MS Nurse care.

Presenter and project lead, Dr Therese Burke AM, says there is a major gap in the information and support available during the early stages of diagnosis, particularly around how to live well with MS and cope with the changes it can bring to a person's life.

"Back on Track delves deeply into issues that might be causing some bother, and all the unknowns, which often don't make it to the surface of the clinic consult or appointment because there are always so many important things to discuss.

"We explore the challenges that come up in the first weeks, months and years of living with MS, and discuss ways of managing what can often feel like insurmountable challenges, so people living with MS can feel like they are gaining back some control," Dr Burke said.

MS Australia CEO Rohan Greenland says the development of 'Back on Track' comes at a crucial time and underscores MS Australia's commitment to expanding access to valuable MS Nurse support.

"Access to MS Nurse care is critical. We know that it delivers significant health benefits for people with MS, including lower disability levels, slower self-reported disease progression, less severe symptoms, reduced levels of depression and anxiety, and a higher quality of life," Mr Greenland said.

Mr Greenland says the Back on Track resource helps bridge the workforce gap in MS Nurse care by providing practical support people can access anywhere.

"We simply do not have enough MS Nurses in Australia, and MS Australia remains committed to working with MS Nurses Australasia and our member organisations to advocate for greater government investment in Australia's MS Nurse workforce.

"At the same time, we are also committed to educating and empowering our community, and to that end, the Back on Track resource is a practical, hands-on guide to living your best life alongside MS," Mr Greenland said.

Rachel Fallis, who lives with MS and is a member of MS Australia's Lived Experience Expert Panel, says resources like Back on Track could make a significant difference for people navigating life after diagnosis.

"When I was first diagnosed, I had a lot of unanswered questions, and I was very worried about what my life was now going to be like.

"Having access to practical guidance from MS nurses who have a wealth of knowledge about MS would have helped me feel far less overwhelmed," Ms Fallis said.

Back on Track launches on Friday, 29 May, ahead of World MS Day, with this year's global campaign once again focused on the theme 'My MS Diagnosis: Navigating MS together'.

MS Nurses Australasia President Meaghan Osborne says it is fitting that the new resource Back on Track is being released as we mark World MS Day.

"Drawing on over 140 years of nursing experience, Back on Track will be hugely beneficial to people navigating their MS diagnosis and every stage of their MS journey.

"Highlighting the unique skill set of MS Nurses and focusing on empowerment through modifiable factors at diagnosis and key junctures, Back on Track addresses challenging topics, including how to tell family and friends, explaining invisible symptoms to others, approaching a clinic visit, and setting up your support team," Ms Osborne said.

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