

IMS conference report, Glasgow 2026

I would like to start by thanking UKMS for generously supporting my attendance at the International Myeloma Society Conference in Glasgow through a travel bursary. I am very grateful for the opportunity to attend and learn from colleagues working in myeloma care across the UK and internationally. It was particularly special this year as the conference was hosted by Professor Cook, who I have the pleasure of working with in Leeds. It was a great opportunity to hear about the latest developments in myeloma care, share experiences and bring new ideas back to our own practice.

It was also a real highlight to see my amazing colleagues presenting at IMS. I felt very proud to support them as they shared our local experience of delivering bispecific therapies in the ambulatory setting. It was a great opportunity to showcase the work being done by our team and to hear how colleagues from other centres are approaching and managing these treatments. Sharing experiences in this way was particularly valuable as we continue to develop and refine how we deliver these therapies safely and effectively for our patients. It was a great reminder of what a fantastic team we have and the breadth of work being delivered locally.

My colleague and I were fortunate enough to present our poster, 'Delivering a patient centred autograft service', which was a great opportunity to share our work and have conversations with colleagues from different centres. I particularly enjoyed the Nursing and AHP sessions and felt these were a really valuable part of the conference. I would definitely welcome more time dedicated to Nursing and AHP-led sessions at future meetings, as there is so much valuable work being carried out by the wider multidisciplinary team. I was particularly interested in Orla McCourt's presentation, "*Physiotherapist-led exercise prehabilitation prior to autologous stem cell transplantation for myeloma: evaluation of real-world outcomes from routine delivery.*" Prehabilitation for patients undergoing autologous stem cell transplantation is something that my colleagues and I are particularly passionate about, so it was really encouraging to see this work being presented and to hear about the outcomes of implementing prehabilitation in routine practice.

Overall, I found the conference both enjoyable and valuable. Another of the highlights was having the opportunity to network with colleagues from around the world, share ideas and experiences, and take away practical learning that can be applied to our own patients and services. I am very grateful to UKMS for giving me the opportunity to attend and for their support through the travel bursary.

Rachel Backhouse