

Report SIG in-between meeting 2021

SIG group	SIG Mobility + Patient Autonomy
Date of in-between meeting	1.10.2021
Venue (incl. city, country)	Online
Topic	Empowerment: Driving mobility forward!

Report:

We had 88 registrations on the jointly hosted 2021 SIG Mobility-Patient Autonomy in-between meeting held online on October 1st 2021, and around 60 MS health professionals and researchers (e.g. neurologists, physiotherapists, psychologists, nurses, health scientists) were connected and participated during the whole working day.

We used this meeting to discuss patient empowerment as a driver for mobility. We had two keynotes on this topic: *“Empowerment: Is patient autonomy a key to sustained physical activity in MS?”* by Karin Riemann-Lorenz from Germany, and *“Two sides of the same coin: Promoting quality and quantity of physical activity participation among adults with a mobility impairment”* by Amy Latimer-Cheung from Canada. Both were followed by an enriching discussion on motivational interviewing and the question on how to reach the target population.

Furthermore, we had two slots with 8 short presentations in total from the group members. These slots gained a lot of interest and the presentations were followed by short discussions.

During the first slot, Andrea Tacchino, from Italy presented *“Tele-assessment in MS. Results from a survey on health practitioners”*. Erica Grange from Italy presented *“Correlation between Manual Ability Measure-36 and three upper limb objective measures in people with MS”*. Rita Bertoni from Italy presented *“Development of the Heat Sensitivity Impact Questionnaire (HSI-Q): an ongoing validation study”*, and Lousin Moumdjian from Belgium presented *“A case study of a person with progressive MS with cerebellar ataxia synchronising finger-taps and foot-steps to music and metronomes at different frequencies”*.

During the second slot, Ludovico Pedullà, from Italy presented *“Co-creation of a telerehabilitation intervention for people with MS: a shared-decision approach to increase engagement and empowerment”*. Kamila Rasova, from the Czech Republic presented *“White matter integrity changes following physical therapy in MS – persistent effect.”* Thomas Bowman from Italy presented *“What is the impact of Robotic rehabilitation on Balance and Gait outcomes in people with MS? A Systematic Review of Randomized Control Trials”*. And finally, Cintia Ramari from Belgium presented *“Implications of lower extremity muscle power and force for walking fatigability in MS”*.

The last session of the meeting included two reports from patient representatives focusing on autonomy to gain mobility and adaptation of lifestyles, as well as a presentation by Stephanie Woschek (German Multiple Sclerosis Society, regional association Hesse) on physical activity support programs. These reports were very much appreciated by the audience and led to a lot of questions. It was emphasized that an individual and patient-centered

approach is key and that COVID 19 has shown that with online programs, people could be reached having not taken part before, but on the other hand, not all people taking courses locally would participate online.

After more than 6 hours of a very fruitful and discussion-rich shared SIG meeting, the session closed at 17.15h.

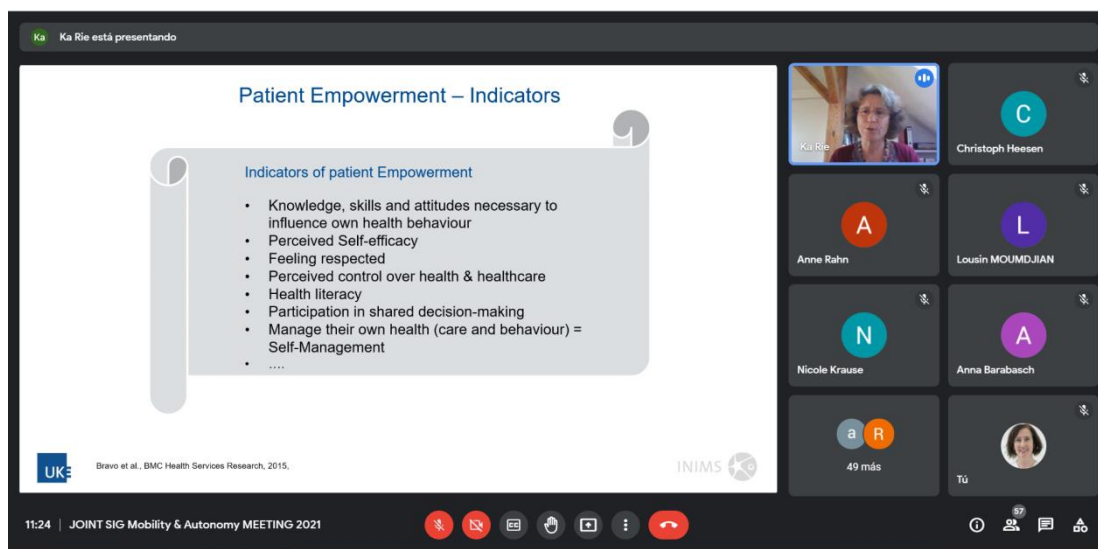
Feedback:

We distributed a questionnaire to gain feedback from the participants on the meeting and received 25 responses. Overall, the participants were satisfied with the organization and the programme of meeting as with the quality of the presentations. However, some participants were also looking forward to meeting in person and some wished more time for discussions as well as more interactions.

Next in-between meeting:

The next meeting will take place virtually during the RIMS conference on the 27th of November 2021.

PICTURES OF THE MEETING




Amy Latimer-Cheung está presentando

Conceptualization of Quality Participation



(Martin Ginis et al., 2016)

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