



**RIMS SIG on Mobility**

**Daily life Oriented Evaluation and Therapy**

**April 4<sup>th</sup> - 5<sup>th</sup>, 2008  
Haslev/KØGE - DENMARK**

**PROGRAM**

## INVITATION 11th SIG MOBILITY

“DAILY LIFE ORIENTED EVALUATION AND THERAPY”

HASLEV/KØGE - DENMARK

Dear RIMS member,

Dear Colleague with interest in MS Mobility issues,

The topic of the 11th SIG Mobility Meeting is “DAILY LIFE ORIENTED EVALUATION AND THERAPY”. With this theme, we aim to reflect on appropriate evaluation methods and treatment strategies that are closely related to relevant daily life activities.

We are pleased that 25-30 health care professionals from at least 11 different European countries will participate and contribute to the meeting. The program has now been finalised and includes scientific, clinical and collaborative work sessions.

For those who present a study during the scientific sessions, please allow sufficient time for questions (at least 5 minutes) in order to allow for interactions. We will be strict in time management.

For the clinical session, interactive discussions are welcomed.

For the collaborative work sessions, it would be helpful that each group of participants shortly (!) presents his/her institution/clinical centre. Both a fact sheet in “Word” format as well as some slides would be helpful, containing information such as the number and severity of (in/out) patients, the expertise and equipment, as well as academic connections and the (scientific) interests for possible multi-centre studies. Bring this information with you on memory stick or send this information before to [Peter.Feys@faber.kuleuven.be](mailto:Peter.Feys@faber.kuleuven.be). In addition, don't hesitate to send me already your ideas about a feasible multi-centre study.

We look forward to meet you in KØGE.

Hans Van Tongeren (PT)

Peter Feys (PT, PhD)

Local Organiser

Chairman SIG Mobility

# PROGRAM

## Daily-life Oriented Evaluation and Therapy

### THURSDAY APRIL 3<sup>th</sup>

Afternoon/Evening      **ARRIVAL** to Copenhagen Airport, 30' train transport to KØGE

From 21:00 - ...      **Coming together - DRINK**  
Hotel: Hotel Hvide Hus (HHH) -- [www.hotelhvidehus.dk](http://www.hotelhvidehus.dk)

### FRIDAY APRIL 4<sup>th</sup>

Conference Venue in the forenoon: Hotel Hvide Hus - HHH

08:15 - 08:30      **REGISTRATION** at the hotel foyer

08:30 - 09:00      **WELCOME** to Køge and Haslev  
Ida Rostgaard (Head of Rehabilitation Sclerosecentre in Haslev)  
Britta Løwendahl (Managing Director Sclerosecentres in Denmark)

**INTRODUCTION to the SIG theme & participants**  
Peter Feys, PT, REVAL (PHL-Uhasselt) & Katholieke Universiteit Leuven  
Hans Van Tongeren, PT (Rehabilitation Sclerosecentre in Haslev)

#### 09:00 - 11:30      **SCIENTIFIC SESSION I**

*Preface*      Short notice "The MSSS-88: an useful outcome measure for spasticity?"  
Introduction: "The content of rehabilitation of spasticity" MS FOCUS  
**P. Feys, Belgium**

09:10 - 09:40      "MS guidelines, how do we implement them."  
**J. Petty, United Kingdom**

09:40 - 10:10      "Which factors determine the performance of social roles in patients  
with MS? Consequences for therapy."  
**V. Degroot, the Netherlands**

10:10 - 10:25      **COFFEE/TEA/REFRESHMENT BREAK**

10:25 - 10:50      "Risk factors and prevention of falls among people with Multiple  
Sclerosis."  
**C. Santoyo, Spain**

10:50 - 11:10      "Actibelt - a feasible tool to assess mobility in the daily life?"  
**A. Romberg, Finland**

11:10 - 11:30      "Relation between 'arousal' and 'performance' in daily practice"  
**H. Van Tongeren, Denmark**

11:30      **BUS DEPARTURE** to Haslev Centre

# PROGRAM

## Daily-life Oriented Evaluation and Therapy

### FRIDAY APRIL 4<sup>th</sup>

12:15 - 13:15 LUNCH at the Haslev Sclerosecentre

**13:15 - 17:00 CLINICAL SESSION**

13:15 - 13:30 *Introduction to the workshop - organisation*  
*H. Van Tongeren, Denmark PT, Haslev Centre Denmark*

13:30 - 15:00 **Workshop Part A**  
We will work in small groups of participants with a person with MS (PwMS). In this part of the workshop, the group has to agree on a **specific, measurable and realistic GOALSETTING**. The goal must be **achievable** on short term (within 5 weeks), **challenging** (both for the PwMS and the rehabilitation team) and **daily life related**.

15:00 - 15:30 *COFFEE/TEA/REFRESHMENT BREAK*

15:30 - 17:00 **Workshop Part B**  
At this part of the workshop, each group will **present their PwMS and their goalsetting** to the other groups. The other groups are encouraged to interact with the presenting group how they expect to achieve this goal or parts of it.  
The aim and hope is to stimulate interesting and inspiring discussions within the groups and with the PwMS (all PwMS have agreed upon this format and will be with us the rest of the day including dinner).

17:00 - 18:00 **Time to visit the Haslev Rehabilitation Centre and the surrounding**

18:00 **BUS DEPARTURE** back to the hotel

20:00 **Danish DINNER**  
Skipperkroen (Sailors Inn)  
Havnen 25, Køge

# PROGRAM

## Daily-life Oriented Evaluation and Therapy

### SATURDAY APRIL 5<sup>th</sup>

Conference Venue: Hotel Hvide Hus - HHH

#### 09:00 - 11:20 SCIENTIFIC SESSION II

- 09:00 - 09:25 "The effects of whole body vibration on functional mobility in persons with MS."  
*B. Gebara, Belgium*
- 09:25 - 09:50 "Performance of dressing and undressing in persons with mild MS: a functional ADL-assessment study."  
*G. Alders, Belgium*
- 09:50 - 10:15 "Ambulatory activity patterns in persons with Multiple Sclerosis: relationship with clinical mobility tests and short-term effects of physical training programs."  
*D. Gijbels, Belgium*
- 10:15 - 10:30 COFFEE/TEA/REFRESHMENT BREAK
- 10:30 - 10:55 "Our experience with evaluation of patients with MS participating on the physiotherapeutic programme."  
*K. Rasova, CZECH Republic*
- 10:55 - 11:20 "Assessment of walking performance in subjects with MS; should the preferred or maximum walking speed be measured - that's the question!"  
*C. Vaney / B. Gattlen, Switzerland*

#### 11:20 - 12:30 COLLABORATIVE WORK SESSION I

- 11:20 - 12:00 "The content of rehabilitation of spasticity"  
Discussion and improvement of text for MS FOCUS  
*P. Feys, Belgium*
- 12:00 - 12:30 Presentation of some possible topics for a multi-centre study
- 12:30 - 13:30 LUNCH

<b>13:30 - 16:30</b>	<b>COLLABORATIVE WORK SESSION II</b>
13:30 - 14:30	<b>“Presentation of participating centres &amp; institutions”</b> Prepare short fact sheet & presentation with overview of number patients (including pathology - in/out patients), staff, expertise, equipment, (scientific) interests, ... <b>Each institution 4’ max</b>
14:30 - 15:30	<b>Proposals for a multi-centre study</b> Discussion and action plan
15:30 - 15:45	<i>COFFEE/TEA/REFRESHMENT BREAK</i>
15:45 - 16:30	Preparation of SIG Mobility in Brussels (RIMS meeting) Planning of the next SIG Mobility In-Between Meeting 2009 Announcements & Concluding remarks
20:00	<b>Farewell DINNER</b> at Hotel Hvide Hus - HHH

## PRACTICAL INFORMATION

### “DAILY LIFE ORIENTED EVALUATION AND THERAPY”

#### HASLEV/KØGE - DENMARK

##### **Currency**

Danish kroner. About 7,5 kroner is 1 Euro.

##### **Travelling**

*From Copenhagen Airport there is a train connection to Copenhagen Central Station (Hovedbanegården). From “Hovedbanegården” there is a frequent “S-tog” connection to Køge (Line E).*

An alternative is: From the Airport the metro to Nørreport Station (a minor station in Copenhagen). From Nørreport the “S-tog” line E to Køge.

Total travelling time from the Airport to Køge is about 1 hour.

From Køge Station it's a 1 km-walk to Hotel Hvide Hus (participants receive information how to walk).

##### **Accommodation & Conference Venue**

Hotel Hvide Hus

Strandvejen 111, 4600 Køge

Phone: +45 56653990

Fax: +45 56663314

[koge@hotelhvidehus.dk](mailto:koge@hotelhvidehus.dk)

[www.hotelhvidehus.dk](http://www.hotelhvidehus.dk)

About 1 km from the railway station and 1 km from the city centre.

##### **Haslev Sclerosecentre**

Ringstedvej 106, 4690 Haslev

Phone: +45 56312060

Fax: +45 56315975

The bus transportation between Køge and Haslev will be arranged by the organisation.

##### **Dinners**

Friday the 4<sup>th</sup>. “Skipperskroen”, Havnen 25, Køge (less than 1 km from the hotel).

Saturday the 5<sup>th</sup>. Hotel Hvide Hus.

##### **Dresscode**

During the whole meeting (incl. dinners) like our theme: Daily Life Oriented.

The weather in Denmark is unpredictable, but we hope and count on nice “spring” weather (if there is a spectacular other weather forecast, the participants will be informed by mail before the meeting).

Welcome to Denmark !

Hans van Tongeren

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