



**ANNUAL
REPORT
2023**

Message from the President

Dear RIMS Members, Board Members, Colleagues, and Friends,

Looking Back to 2023

RIMS restarted with its first meeting after the pandemic at the annual conference in Genoa. The event was a success: delegates, colleagues and friends from Europe and beyond gathered to the event bringing a high level of clinical and scientific content, reflected in the SIGs, teaching courses, the PhD session and the scientific content delivered through oral and poster presentation.

2023 was really inspiring for RIMS and its Community: we had the responsibility to organize the scientific content of the 2023 ECTRIMS Summer School in Gdansk, Poland, focusing on the overarching theme of Biological Basis to Ecological Implications of Rehabilitation in MS

Our webinar programme echoed this success, offering high-quality scientific content throughout the year, which has significantly contributed to the growth of RIMS as a community.

We look forward to the future

We are looking at 2024 as a key and successful year for our community.

We will deliver state of the art content with the webinar programme and the Special Interest Group Meetings (SIGs), guided by our chairs and co-chairs, will continuously involve our community in several projects related to MS rehabilitation.

As RIMS Board members we are delighted to launch the 29th Annual RIMS Conference on 'Empowerment & Inclusivity', scheduled to be held at Hasselt University, Belgium from June 27 to June 29, 2024. The conference will be hosted by the Faculty of Rehabilitation Sciences of Hasselt University in collaboration with Noorderhart Rehabilitation & MS, and the UMSC University MS center.

Looking forward to having an inspirational and wonderful 2024!

Giampaolo Brichetto

RIMS President



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RIMS

REHABILITATION IN MULTIPLE SCLEROSIS

About RIMS

OUR MISSION

We are a specialized network of professionals, researchers and stakeholders promoting high-quality evidence-based rehabilitation to optimize functioning and quality of life of people with and affected by MS.

OUR AIMS

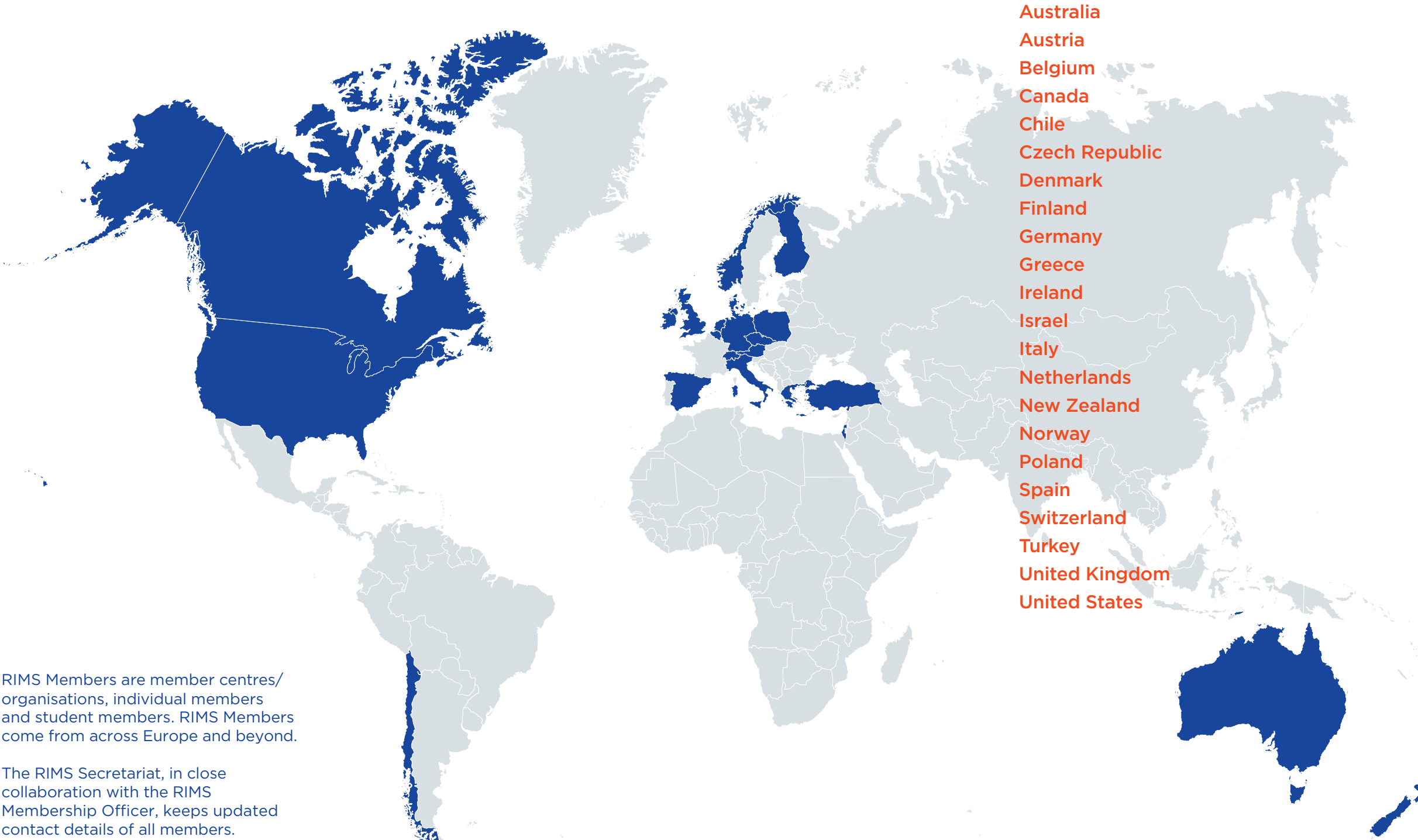
- Connecting – building bridges (between research & clinical practice, between professionals, between rehabilitation and other (health care) services, relevant organizations, industry partners)
- Facilitating translation of clinical questions to scientific evidence and implementation of research findings to clinical practice
- Supporting MS rehabilitation knowledge development and dissemination
- Promoting rehabilitation in MS

ADVISORY BOARD

We are proud to call these members the RIMS Advisory Board:

- **Prof. Peter Feys**, Hasselt University (BE)
- **Prof. Ulrik Dalgas**, Aarhus University (DK)
- **Prof. John Deluca**, Kessler Foundation (US)
- **Prof. Alan Thompson**, University College London Hospitals (UK)
- **Prof. Mario Battaglia**, Italian MS Society (AISM) (IT)
- **Prof. Vincent de Groot**, VUMC (NL)
- **Dr. Claude Vaney**, Berner Klinik Montana (CH)
- **Dr. Anne Helme**, MS International Federation
- **Mr. Herbert Temmes**, European MS Platform
- **Mrs. Clare Walton**, MS Society (UK)
- **Prof. Daphne Kos**, National MS Center Melsbroek & KU Leuven (BE)

RIMS Members in 2023



The Executive Board 2023-2026

RIMS is managed by an Executive Board, which – according to the by-laws – is composed of eight elected officers, including the President, the Secretary and the Treasurer.



THE EXECUTIVE BOARD OF RIMS FROM LEFT TO RIGHT:
Lousin Moumdjian (BE), Griet Gysemberg (BE), Lars Hvid (DK), Jana Pöttgen (DE), Anders Skjerbaek (DK), Giampaolo Brichetto (IT), Roshan das Nair (NO/UK), Letizia Leocani (IT)

Name	Background	Country
Giampaolo Brichetto President	Rehabilitation Physician	Genova Italy
Anders Skjerbaek Treasurer	Physiotherapist	Ry & Haslev Denmark
Letizia Leocani Industry Liaison	Neurologist	Milan Italy
Roshan das Nair Membership Officer	Clinical Psychologist	Trondheim Norway & Nottingham United Kingdom
Lousin Moumdjian SIG Officer	Physiotherapist	Hasselt Belgium
Jana Pöttgen Fellowship Officer	Psychologist	Hamburg Germany
Griet Gysemberg RiGra Officer	Rehabilitation Physician	Pelt Belgium
Lars Hvid Communication Officer	Exercise Physiologist	Aarhus Denmark

Special Interest Groups (SIG)

Special Interest Groups (SIG's) aim to promote research, stimulate evidence-based rehabilitation and to support people with MS and their caregivers in living with MS. Traditionally, an intensive 'in-between' meeting of 1,5 to 2 days takes place between the RIMS conferences. During 'in-between' SIG meetings at one of the member centres across Europe, there are scientific and clinical presentations on a chosen topic as well as free presentations. A clinical or practical session (e.g. patient cases, demonstration of technology; visit to a centre) is often part of the meeting.

Bladder, Bowel & Sexuality	Chair Corinne Oosterlinck, Belgium corinne.oosterlinck@mscenter.be	Co-Chairs Sara Rinaldi, Italy sara.rinaldi@aism.it 2024: Edyta Matusik, Poland ematusik@sum.edu.pl
Communication & Swallowing	Chair Leena Heikkola, Finland leena.heikkola@abo.fi	Co-Chair Hans Bogaardt, Australia hans.bogaardt@adelaide.edu.au
Mobility	Chair Carme Santoyo, Spain csantoyo@cem-cat.org 2024: Ludovico Pedulla, Italy Ludovico.Pedulla@aism.it	Co-Chairs Lousin Moumdjian, Belgium lousin.moumdjian@uhasselt.be 2024: Ellen Christin Arntzen, Norway ellen.c.arntzen@nord.no
Occupation	Chair Inger Grethe Loyning, Norway ingergrethe.loyning@mssenteret.no	Co-chair Sofie Ferdinand, Belgium sofie.ferdinand@mscenter.be
Patient Autonomy	Chair Anne Rahn, Germany anne.rahn@uksh.de	Co-chair Andrea Giordano, Italy andrea.giordano@istituto-besta.it
Psychology & Neuropsychology	Chair Jessica Podda, Italy jessica.podda@aism.it	Co-Chairs Anita Rose, United Kingdom draerose@btinternet.com 2024: Blanca De Dios Pérez, United Kingdom blanca.dediosperez@ nottingham.ac.uk

SIG Meeting Schedule 2023

SIG Mobility

SIG Meeting

DATE: May 17-18, 2023
VENUE: Asociación de Esclerosis Múltiple de Bizkaia, Bilbao, Spain
TOPIC: Physical activity in MS: new perspectives and opportunities
Face to face Meeting

SIG Meeting

DATE: May 4, 2023
VENUE: Genoa, Italy at the 28th Annual RIMS Conference
TOPIC: Cognitive-motor interference during walking in persons with Multiple Sclerosis: Assessment and Rehabilitation
Face to face Meeting

SIG Bladder, Bowel & Sexuality

Joint Meeting SIG Patient Autonomy & SIG Bladder, Bowel & Sexuality

DATE: May 4, 2023
VENUE: Genoa, Italy at the 28th Annual RIMS Conference
TOPIC: Patient Autonomy: a key factor in the context of Bowel, Bladder and Sexuality problems
Face to face Meeting

SIG Patient Autonomy

Joint Meeting SIG Patient Autonomy & SIG Bladder, Bowel & Sexuality

DATE: May 4, 2023
VENUE: Genoa, Italy at the 28th Annual RIMS Conference
TOPIC: Patient Autonomy: a key factor in the context of Bowel, Bladder and Sexuality problems
Face to face Meeting

In-between Meeting

DATE: October 10, 2023
TOPIC: Patient and Public Involvement and Engagement in Research
Online Meeting

SIG Communication & Swallowing

SIG Meeting

DATE: May 4, 2023
VENUE: Genoa, Italy at the 28th Annual RIMS Conference
Face to face Meeting

SIG Occupation

SIG Meeting

DATE: May 4, 2023
VENUE: Genoa, Italy at the 28th Annual RIMS Conference
Face to face Meeting

Joint Meeting SIG Occupation & SIG Psychology & Neuropsychology

DATE: October 27-28, 2023
VENUE: MS-Senteret Hakadal, Norway
TOPIC: Vocational and cognitive rehabilitation
Face to face Meeting

SIG Psychology & Neuropsychology

In-between Meeting

DATE: February 13, 2023
TOPIC: Patient Autonomy: a key factor in the context of Bowel, Bladder and Sexuality problems
Online Meeting

SIG Meeting

DATE: May 4, 2023
VENUE: Genoa, Italy at the 28th Annual RIMS Conference
TOPIC: Exploring the Other Side of MS Care: The Informal Caregiver
Face to face Meeting

Joint Meeting SIG Occupation & SIG Psychology & Neuropsychology

DATE: October 27-28, 2023
VENUE: MS-Senteret Hakadal, Norway
TOPIC: Vocational and cognitive rehabilitation
Face to face Meeting

SIG Report Mobility



About us

The **SIG Mobility** consists predominantly of physiotherapists complemented by medical/rehabilitation doctors, researchers, sport scientists and adapted exercise specialists. It focuses its activities not solely on mobility issues in MS, but also on – for example – physical rehabilitation methodologic approaches, exercise training or technological rehabilitation innovations. The group has established its role as an active RIMS actor e.g. in terms of a number of successfully implemented European multi-center studies/projects.

SIG In-Between Meeting

Where?
Asociación de Esclerosis Múltiple de Bizkaia Bilbao, Spain

When?
March 17th - 18th 2023

Topic?
Physical activity in MS: new perspectives and opportunities

SIG Report Mobility

Summary of the meeting

We had 60 registrations on the 2023 SIG Mobility in-between meeting held in Bilbao on March 17th -18th 2023, and finally 56 MS health professionals and researchers (neurologists, physiotherapists, rehabilitation physicians, sports scientists, etc.) participated during two working days.

The meeting took place thanks to the logistical and organizational support of the Asociación de Esclerosis Múltiple de Bizkaia, Adembi. A really comprehensive programme entitled “Physical activity in MS: new perspectives and opportunities” included 4 keynotes and 16 free presentations on Friday 17th, and the visit to Adembi neurorehabilitation center and 5 workshops on Saturday 18th.

The first day, the meeting took place in a well-conditioned meeting room at the same hotel where the attendants were accommodated, the Hotel Gran Bilbao. Along Friday the meeting was focused on the basis and benefits of physical activity for people with MS. We had four keynotes on this topic: “Past, present and future of physiotherapy in Adembi” by Rakel Berriozabalgoitia & Iratxe Elorriaga, “Resistance training as an effective rehabilitation tool in multiple sclerosis” by Prof. Ramón Jesús Gómez Illán from Universidad Miguel Hernández de Elche, “Physical exercise for people living with Multiple Sclerosis” by Prof. Jon Irazusta from Universidad del País Vasco and “Subaquatic therapy. A new approach to neurological rehabilitation” by Prof. Ana M^a Insausti & Natalia Domínguez, from Universidad de Navarra, all from Spain.

Each of the 4 keynotes opened the 4 slots that composed the whole working day and were followed by 4 free presentations. Each presentation was followed by 2-3 questions and the discussion continued very lively during the coffee breaks. During the first slot, chaired by Paul Van Asch and Carme Santoyo, Stine Susanne Haakonsen Dahl from Norway presented “Supported exploration of own physical ability and perceived changes in self-efficacy in individuals with MS participating in a new physiotherapy intervention: an interview study”. Then, Ellen Christin Arntzen, also from Norway, presented

“Feasibility and preliminary effects of a new intervention addressing sensory-motor function, physical activity and work in people with MS”. The following presentation was by Valeria Prada, from Italy who presented “Serum and salary biomarkers in MS: a new way to observe the rehabilitation effects”. The last lecture of this session was by Andrea Tachinno, from Italy, entitled “Smart Home Technologies: User perspectives in MS. A pilot study”.

The second slot, chaired by Alon Kalron and Turhan Kahraman began with Marie Kierkegaard from Sweden who presented “High-intensity resistance training in fatigued persons with multiple sclerosis”. Then, Felipe Santinelli (Belgium) presented “Are walking capacity and fatigability measures related to self-reported physical activity in

people with multiple sclerosis?”. The following lecturer was Aki Rintala, from Finland with “Momentary perceived fatigue and fatigability in people with multiple sclerosis: a study proposal using ecological momentary assessment and wearable device”. This second slot was closed with Lide Etxebarria, from Spain, presenting “PENS effectivity for sole sensitivity improvement related to static balance in PwMS”.

After lunch, the third slot, chaired by Tori Smedal and Johanna Jonsdottir, began with Carme Santoyo from Spain, presenting “Measurement of levels of PA and analysis of the factors associated with adherence in PwMS: Project design. The following lecturer was Massimiliano Pau, from Italy, talking about “Quantitative assessment of PA amount and intensity in PwMS using wearable accelerometers: Potential and challenges”. Then, Lars Hvid from Denmark presented “Benefits of outdoor walking therapy on walking capacity and well-being in MS: an RCT”. This session was closed by Maria Grytvik Hartvedt from Norway, presenting “How do individuals with MS experience PA to influence employment? Preliminary results from a qualitative interview study”

The last slot of the day was chaired by Lousin Moumdjian and Massimiliano Pau. The first presentation, by Britt Norman, was entitled “Effects of CoreDIST-participation compared

to usual care on physical functions, health and employment for individuals with MS? A protocol for a Randomized Controlled Trial “. Then, Alessandro Torchio, from Italy, talked about “The effect of a motivational intervention aimed at augmenting physical activity levels in PwMS during their rehabilitation period. The session continued with Ludovico Pedullà from Italy presenting “Accessibility, inclusion and expertise of sports facilities in Genoa, Italy: a co-designed survey and census to promote physical activity among people with multiple sclerosis”. The day was closed by Izaskun Yeregui & Iñigo Vergara, both from Spain, presenting “Balance training with Hunova® platform in multiple sclerosis. A Pilot study.”

After this very dense first day of academic meeting, the local organizer prepared a delicious gala dinner at the Mercado de la Ribera, a very special restaurant in the old town of Bilbao. The participants could enjoy the “pinchos” and share an unforgettable night of Basque traditional dances, laughs and also some reggaeton demonstrations in a very joyful atmosphere.

On Saturday 18th, the meeting took place at Adembi facilities and was focused on practical workshops. The first one was a “Subaquatic therapy workshop” in a swimming pool outside the rehabilitation center. The local organizer provided a microbus to the participants from the hotel to the pool, and from the pool to Adembi center to continue with the rest of the workshops. This kind of exercise was presented the previous day as a Keynote and then, in the swimming pool there was a practical demonstration. Two physical therapists specialized in hydrotherapy and a diving instructor worked with 2 patients, and with those participants who wanted to get into the water and participate in the practice. There was an initial explanation of the equipment and fitting of the hermetic mask, a test of buoyancy and breathing, and then exercises of mobility in water and dual tasking without losing buoyancy.

Meanwhile, 4 practical parallel workshops and a tour of the Adembi neurorehabilitation facilities took place. The topics of the workshops were:

- Exoskeleton assisted gait training
- Strength training in MS
- Balance training using Hunoba
- Low pressure exercises for people with MS

All the workshops and practical demonstrations were very much appreciated by the audience and led to a lot of questions.

After taking the usual picture of the group and announcing (and applauding) the next SIG Mobility in-between meeting in Aarhus University and the Danish MS Center in Denmark, the session closed at 14.30h.

Feedback from participants

On average, participants scored ‘highly satisfied’ with the overall organization before and during the meeting, the overall programme of the meeting and the quality of presentations. The overall strengths of the meeting described were: easily talking to others, networking, connecting, the vibes, and the scientific programme. In addition, participants appreciated the mixture of oral presentations and hands on workshops during the meeting, and requested for this formula to continue. Limitations experienced by the participants included the acoustics of the room, which can be improved in the future with the use of microphones, as well as limited time for discussions. A suggestion for the latter could be to include poster sessions in case of high abstract submissions in upcoming SIG meetings to reduce the load of presentations. Suggestions for upcoming SIG mobility meetings included: new technologies for rehabilitation, falls and balance, participation, outdoor training programmes and group rehabilitation programmes.

Next in-between meeting

Next in-between meeting: Aarhus University and the Danish MS Center in Denmark

SIG Report

Mobility



Participants

- Mieke D’Hooge (BE)
Famke Vanderhauwaert (BE)
Cristina Bungardean (RO)
Turhan Kahraman (TR)
Edwin Roger Meza Murillo (ES)
Andrea Tacchino (IT)
Ludovico Pedullà (IT)
Bernardita Soler (CL)
Carme Santoyo Medina (ES)
Lousin Moumdjian (BE)
Valeria Prada (IT)
Zuhal Abasiyanik (BE/TR)
Alon Kalron (IL)
Peter Feys (BE)
Matteo De Lorenzi (CH)
Elise Brink Vestergaard (DK)
Siv Ohlin (SE)
Lars Hvid (DK)
Areen Omar (IL)
Ellen Jensen (DK)
- Maialen Villaluenga Castañares (ES)
Jane Honoré (DK)
Lander Alvarez Mendez (ES)
Nickeline Schmidt Larsen (DK)
Marie Kierkegaard (SE)
Massimiliano Pau (IT)
Ellen Christin Arntzen (NO)
Felipe Balistieri Santinelli (BE)
Izaskun Yeregui (ES)
Rakel Berriozabalgoitia (ES)
Sofia Valdenebro (ES)
Lide Etxeberria (ES)
Iñigo Vergara Morentin (ES)
Naia Martin Echaburu (ES)
Aki Rintala (FI)
Cintia Ramari Ferreira (BE)
Marion Van Beurden (BE)
Paul Van Asch (BE)
Britt Normann (NO)
- Maria Grytvik Hartvedt (NO)
Stine Susanne Dahl (NO)
Tori Smedal (NO)
Maider Gotxi (ES)
Iratxe Elorriaga (ES)
Johanna Jonsdottir (IT)
Alessandro Torchio (IT)
Griet Gysemberg (BE)
Natalia Dominguez Sanz (ES)
Ana Maria Insausti Serrano (ES)
Miguel Carabantes Rodriguez (ES)
Ramon Jesús Gomez Illan (ES)
Leire Alba Busto (ES)
Erika Otxoa Rekagorri (ES)
Ana Rodriguez Larrad (ES)
Nerea Arregi Fernandez de Arroiabe (ES)
Milena Tudor (ES)

SIG Report

Patient Autonomy + Bladder, Bowel & Sexuality



About us

The **SIG Patient Autonomy** is committed to understanding the decisional needs of people with MS and health providers along the disease trajectory and supporting shared decision-making in MS. Strategies to enhance patient self-management and coping are also at the core of our group.

Meetings

In 2023, we had **two meetings**. One joint meeting with the SIG Bladder, Bowel & Sexuality during the annual RIMS conference on ‘Translating Knowledge into Practice: Embracing the Complexity of MS rehabilitation’ and one online meeting in October 2023 on ‘Patient and Public Involvement and Engagement in Research’.

SIG Meetings

JOINT MEETING
Where?
RIMS 2023, Genoa, IT
When?
May 4th 2023
Topic?
Patient Autonomy: a key factor in the context of Bladder, Bowel and Sexuality problems

IN-BETWEEN MEETING
Where?
Online Meeting
When?
October 10th, 2023
Topic?
Patient and Public Involvement (PPI) and Engagement in Research

SIG Report

Patient Autonomy + Bladder, Bowel & Sexuality

Summary of the joint meeting:

Patient Autonomy: a key factor in the context of Bowel, Bladder and Sexuality problems

Around 40 MS health professionals (HPs) and researchers (e.g. neurologists, psychologists, nurses, physiotherapists) participated in the meeting jointly organised by our SIG and SIG Bowel, Bladder and Sexuality. The meeting was held at the Italian MS Society, Genoa (Italy) on 4th May 2023.

We aimed to discuss patient empowerment in the Bowel, Bladder, and Sexuality field and to stimulate and exchange on awareness and knowledge among HPs involved in MS care.

After a short introduction by Sara Rinaldi (Chair of SIG Bowel, Bladder and Sexuality) during Session 1, Dr Panicker (UK) made a general overview of bowel and bladder problems in MS compared to other neurological disorders. Then, there was a group work session in which participants discussed the barriers to treating bladder and bowel disorders, followed by a consensus discussion to agree on key barriers, also considering differences across countries.

In Session 2, Dr. Barken (Denmark) presented a series of studies on patient empowerment. Specifically, he presented the ongoing 'Aware MS International Survey' on bowel and bladder problems in people with MS. Second, he showed us the development of a patient self-assessment tool for MS bladder. Then, after a short group work session, a general discussion was held on how to improve patient autonomy in relation to bladder, bowel and sexuality issues in the future.

The meeting was fruitful and discussion-rich, and participants appreciated the possibility of attending such a meeting jointly organised by the two SIGs.



Participants

Michelle Bernhardt
Kim Bundivig Barken
Francesca Bianco
Stefano Biondi
Sarah Caruso
Louise Danholm
Marco Della Cava
David Duncan
Peter Feys
Marià Gargallo Noval
Andrea Giordano
Teresa Grine
Christoph Heesen
Giovanna Konrad
Barbara Lewicka
Josephine Lyngh Steenberg
Marie Lynning
Claudia Mateus
Edyta Matusik
Roberta Motta
Annika Dencker Nielsen
Sofie Olsgaard Bergien
Corinne Oosterlinck
Jalesh Panicker
Vincenzo Pedace
Julia Peper
Monica Pugliese
Lorenz Rasev
Sara Rinaldi
Federica Salmeri
Dafne Maria Sanjuan Sole
Martina Scalia
Caterina Sgarito
Lasse Skovgaard
Jakob Stein Pedersen
Iza Fruzsina Szoka
Matteo Valentino
Manuel Vighini
Andrea Vitiello
Yaron Watts
Anna Zanni

Summary of the in-between meeting: Patient and Public Involvement and Engagement in Research

About 20 MS HPs and researchers (e.g. neurologists, psychologists, nurses, physiotherapists) participated in the online meeting. During this meeting, various stakeholders presented: clinicians, researchers and people with MS reported on the topic according to their perspectives and experiences. Then, there was a roundtable discussion involving all the stakeholders and participants.

After a short introduction by Andrea Giordano (SIG Co-Chair), during the first session, Rachele Paolucci (person with MS, working in the Italian MS Society and representative of the Italian MS Foundation) made a general overview of Multi-ACT and Alameda projects. These are two European-funded projects involving MS people in relevant executive and working groups, such as the Engagement Coordination Team and the Local Community Groups, which include people with MS and caregivers.

Then, Sinead Hynes reported on the status of 'Patient involvement in the Cognitive Occupation-Based programme for people with MS (COB-MS) project'. The COB-MS trial involves 110 participants in a 2 arm - intervention and wait-list control trial. PPI was a key component of each study stage (i.e., design, management, analysing & interpreting, dissemination, and implementation), and a PPI contributor is an embedded patient researcher. Interestingly, along with the trial results, PPI is also being evaluated using a checklist/evaluation tool based on PPI input and previous literature that focused on areas such as Policy and Practice, Participatory Culture and Collaboration, and Influencing Outcomes of PPI.

Then, Insa Schiffman gave a short overview of PPI involvement in clinical practice guidelines. Based on two recent reviews, she showed that PPI has been recommended but poorly realised. There was no consensus/guideline on PPI in clinical guidelines development. If PPI occurs, most commonly, patients and advocates have been involved, recruited from patient groups, and primarily engaged in identifying the questions to be addressed in the clinical guidelines.

Finally, Helen Burchmore, EUPATI Fellow, reported on her personal experience in joining EUPATI initiative and its Patient Expert Training Programme. EUPATI's mission is 'to provide accessible, innovative and inclusive education that empowers patients and patient representatives with the right knowledge, skills and competencies to engage effectively and partner with all other stakeholders in the medicines Research and Development process.

After that, there was a discussion-rich roundtable involving the speakers and participants. Finally, there was a short update on our current projects, i.e., NIPS and MoMS.

Current projects

We continued the work on two projects in our SIG, one on the needs of people with primary progressive MS (NIPS; RiGra project) and one on motherhood choice in MS. We conducted special meetings with those involved in these projects. In the last part of the NIPS project, an international online survey on the needs of people with primary progressive MS from the perspective of experts is currently running.

Future plans

After a discussion-rich in-between meeting, we would like to continue discussing patient and public involvement in research in more detail. We will continue the ongoing projects within the SIG. We will analyse the survey data and publish the results regarding the NIPS project. For the project on motherhood choice in MS (MoMS), we will conduct the planned multinational survey this year addressing women with MS who are considering motherhood.

Next in-between meeting

The next in-between meeting of the SIG Patient Autonomy will take place in Autumn 2024.

SIG Report

Psychology & Neuropsychology + Occupation



▾ SIG In-Between Meetings

Where?

Various venues
(remote, Genoa IT, Hakadal NO)

When?

February 13th 2023
May 4th 2023
October 27th - 28th 2023

Topic?

Cognitive impairments,
informal caregiver, vocational
and cognitive rehabilitation
in MS

▾ Summary of the meetings

On February 13th, 10 participants attended to a two-hour meeting on neuropsychological deficits in MS. Three of them accepted to present their works. During her presentation titled "Vocational Rehabilitation for People with MS - Managing Cognition at Work," Dr Blanca De Dios Perez focused on exploring interventions and strategies in vocational rehabilitation, to help people with MS in the management of their cognitive deficits at work. Prof Roshan das Nair ("Cognitive Screening in MS: Our Experience of Routine Screening in 3 UK MS Clinics") shared promising results from the massive cognitive screening in the UK, i.e., the NEuRoMS study. Finally, Valeria Bergamaschi presented "reBrain: A Multidisciplinary Cognitive Rehabilitation Protocol for People with MS", a novel multidisciplinary intervention protocol designed to manage and treat cognitive impairments with structured and specific sessions in physiotherapy, occupational therapy, neuropsychology, psychology, and speech therapy.

On May 14th, 18 participants joined the three-hour SIG meeting at the AISM Rehabilitation Service in Genoa (Italy) during the Annual RIMS Meeting hosted by FISM. The topic was "Exploring the Other Side of MS Care: The Informal Caregiver". During the first part of the meeting, three keynote speakers presented their research works and clinical experience: Emanuela Galante ("Caregiving and care: a shared commitment"), Prof Michela Rimondini ("Humanization in health-care and care for social interactions: the caregiving role in the adaptation to MS") and Prof Marta Bassi ("The relationship between sense of coherence, illness beliefs and social support among caregiving partners of persons with multiple sclerosis: A salutogenic approach"). All the presentations were well appreciated, leading to extensive discussions and questions from the audience. Then, video-clips contained interviews to Italian caregivers of people with MS were shown to participants. This encouraged a group debate on factors that affect caregiver burden and how researchers and clinicians can improve access to adequate care assistance and provide accurate, clear, and reliable information for managing MS.

On October 27th and 28th, the Occupation and Psychology & Neuropsychology SIG groups had a joint meeting at MS-Senteret Hakadal (Norway), organized and hosted by Inger Løyning and her team from Hakadal. Forty participants from 11 different countries joined the meeting focused on "Vocational and cognitive rehabilitation". Prof Roshan das Nair led an interesting workshop on developing high-quality trials in cognitive rehabilitation and vocational rehabilitation, providing an overview of methodological considerations in designing trials. Prof Daphne Kos, Dr Jessica Podda, and Prof Päivi Hämäläinen provided examples from their own trials. Then, in smaller groups, specific challenges and opportunities in developing trials to evaluate cognitive rehabilitation and vocational rehabilitation were discussed. On the 28th, Prof Päivi Hämäläinen, Ann Kristin Svendsen, and Mieke D'hooge shared insights from their different clinical practices on neuropsychological and cognitive rehabilitation.

▾ Future plans

Two main projects are sketched. The development of neuropsychological and vocational rehabilitation RCT protocol guidelines, based on considerations collected during the in-between joint SIG meeting, and the design of a new survey on the use of telehealth for psychological assessment and rehabilitation from both patient and professional perspectives.

▾ Next in-between meeting

To be discussed after the election of the new SIG co-chair.

RIMS Webinars

RIMS hosts an annual series of digital webinars aimed at advancing MS education, providing all members and students with access to expert insights and the chance to engage with prominent voices in the field. Recordings are subsequently accessible on the eLearning RIMS platform for members.

RIMS Webinar #9 - Jan 30, 2023

TOPIC: The Gut and MS

SPEAKER:

Mieke D'hooghe, Neurologist, Professor National MS Center Melsbroek & VUB, Belgium

RIMS Webinar #10 - Feb 6, 2023

TOPIC: Communication Disorders in MS

SPEAKERS:

Sarah El-Wahsh, Speech Pathologist, PhD, Researcher University of Sydney, Australia

Leena Maria Heikkola, Speech Pathologist, PhD, Research Leader & Chair of SIG Communication and Swallowing Abo Akademi University, Finland

RIMS Webinar #11 - Apr 3, 2023

TOPIC: Pelvic Floor Muscle Training in MS

SPEAKERS:

Turhan Kahraman, Physiotherapist, PhD Izmir Katip Celebi University, Turkey

Ipek Yavas, Physiotherapist, MSc, PhD student Izmir Katip Celebi University, Turkey

RIMS Webinar #12 - June 5, 2023

TOPIC: Patient Autonomy in MS (needs of pwMS)

SPEAKERS:

Julia Peper, Health Scientist Institut für Sozialmedizin and Epidemiologie, Universität zu Lübeck, Germany

Alessandra Solari, MD, Neurologist IRCCS Istituto Neurologico Carlo Besta, Milan, Italy

RIMS Webinar #13 - Sep 4, 2023

TOPIC: Routine Assessment of Physical Function in the MS Clinic

SPEAKERS:

Katrin Trentzsch, MSc, Research Associate and Head of Mobility Center Center of Clinical Neuroscience, University Hospital Carl Gustav Carus, Tu Dresden, Germany

Anne Gessner, MSc, Research Assistant Center of Clinical Neuroscience, University Hospital Carl Gustav Carus, Tu Dresden, Germany

RIMS Webinar #14 - Nov 6, 2023

TOPIC: The Role of Rehabilitation in MS to Detect Early Progression - Focus on Performance Measures as well as PROs

SPEAKERS:

Davide Cattaneo, PT, PhD, Assistant Professor University of Milano & Don Gnocchi I.R.C.C.S., Italy

Cecilie Thruue, MSc, PhD student Aarhus University, Denmark

Annual RIMS Conference

The 28th Annual RIMS Conference took place from May 4-6, 2023 in Genoa, Italy

Scientific sessions

The topic of last year's edition has been *Translating Knowledge into Practice: Embracing the Complexity of MS Rehabilitation*, where we focused on the following areas:

- MS Rehabilitation within and across the ICF Domains
- Application of Current Technologies in MS Rehabilitation
- Multidisciplinary Rehabilitation in MS
- Promising Technologies that can Help Advance MS Rehabilitation
- Translation of New Rehab Knowledge into Practice

RIMS prize winners

Best Poster Award

Helena Llorente Blasco (ES)
Gillian Quinn (IE)
Lauren Taylor (GB)

Best Oral Presentation

Jessica Podda (IT)
Laurits Taul-Madsen (DK)
Mustafacan Salanci (TR)

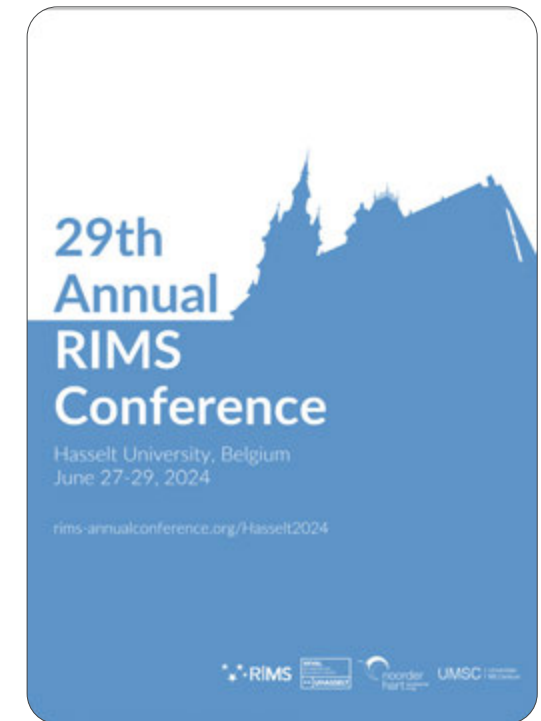
Congratulations to the winners. The winner of the first prize has received a free registration to the Annual Conference 2024.

SIG meetings

Several Special Interest Groups met during the Annual Conference in Genoa. More information can be found in the reports.

General Assembly

The General Assembly was held at the end of the conference on May 5th. The RIMS members of 2023 approved the financial report.



RIMS Grant Programme

Criteria for Applications

The programme aims to facilitate collaborative projects, particularly between RIMS members from different centres and countries, in the domain of MS rehabilitation.

Mandatory criteria

- The applicant must be a RIMS member (at the individual or center level) at the time of submission.
- Only electronic submissions (via email), submitted within the deadline are accepted.

Non-mandatory criteria

- The applicant is an early career researcher or a young clinician (<36 year old).
- Multi-center and international collaborative projects, particularly between RIMS members/centres (at least two different countries).

Judging criteria

- Projects feasibility with the amount granted
- Relevance for RIMS is well described
- Provide a detailed budget

Deadlines

Application details can be found on the RIMS website at Career advancement: www.eurims.org

RIMS Grant Application 2023 Winner

Philipp Zimmer

Title project: Mechanistic Insights Into Exercise-related Kynurenine Pathway Modulation in Multiple Sclerosis

RIMS Fellowship Programme

The fellowship is available to young professionals in Europe, preferably non-doctors, in order to facilitate their training in rehabilitation related to Multiple Sclerosis among RIMS member centres. The goal of the programme is to promote the multi-disciplinary approach to rehabilitation in MS and to encourage the exchange of information and professional growth for those working in the field of MS.

You can find all information (criteria, procedure and application form) on the RIMS website: www.eurims.org.

Please contact the RIMS Secretariat if you have any questions regarding the fellowship: secretariat@eurims.org

Project PROMS Global Initiative

RIMS' lead:
Giampaolo Brichetto

PROMS is a multi-stakeholder initiative, including people affected by Multiple Sclerosis, researchers, clinicians, pharmaceutical companies, and MSIF's (MS International Federation) member organisations as well as many other types of experts – to do together what we cannot achieve individually. The initiative is organized into 4 working groups. RIMS is particularly involved in WG1.

Research, Development and Validation that seeks to identify and validate the most important functional domains in Patient Reported Outcomes (PROs) for people with MS via participatory methods and in WG3.

(E-health) that seeks to identify eHealth tools (for both active and passive remote data collection) to facilitate the adoption of PROMS in MS research, clinical trials and clinical management.

In September 2023 PROMS launched a global survey on the identification of functional domains that matter most to PwMS. The responses came from more than 5000 participants and the results are now under investigation.

Our Partners



The Consortium of Multiple Sclerosis Centers (CMSC) is the largest North American multidisciplinary membership organization dedicated to defining and advancing the standard of care of MS patients. Our mission is to promote high quality MS care through education, training, clinical research, networking, and targeted advocacy efforts.



ECTRIMS is a professional organisation dedicated to the understanding and treatment of Multiple Sclerosis. Its mission is to facilitate communication, create synergies, and promote and enhance research and learning among professionals for the ultimate benefit of people affected by MS. A joint RIMS-ECTRIMS conference is organised every 3 years.

For more information, please visit www.ectrims.eu



The European Multiple Sclerosis Platform (EMSP) is a Pan-European umbrella organization with over 30 years of expertise. We work together with our members and our partners to ensure that the more than 1 million people living with MS in Europe, have a real voice in determining their own priorities. We rely on a growing network of 43 member organisations from 37 European countries.

The needs of the 1 million people with MS in Europe are the main focus of our advocacy and awareness-raising campaigns to influence European decision-makers and EU policy-makers. We gather data and provide knowledge and expertise to relevant stakeholders and encourage high quality research and the dissemination of excellent, evidence-based information on MS.

Our flagship projects aim to improve quality of life of people with Multiple Sclerosis, as well as to ensure that they receive high quality equitable treatment, care and can access employment.

Learn more about EMSP here: www.emsp.org

Or here: annualreport.emsp.org

Our Partners



The International Journal of MS Care (IJMSC) is the official peer-reviewed publication of the Consortium of Multiple Sclerosis Centers (CMSC). It is published 6 times annually by MJH Life Sciences®. Focusing on multiple sclerosis and related autoimmune disorders of the central nervous system, its primary goal is to publish original articles covering various clinical aspects of MS, particularly those relevant to the multidisciplinary management of the disease and its consequences. Topics include neurologic, nursing, rehabilitative, psychological, and psychosocial care and quality-of-life issues of people with MS and reflect the diversity of the journal’s readership. Ongoing collaboration between RIMS and the IJMSC is facilitated by a memorandum of understanding. Recently completed projects include the publication of a theme issue with content from RIMS members in 2020.

For more information, please visit www.ijmsc.org



The MS International Federation is a unique global network of MS organisations, people affected by MS, volunteers and staff from around the world. Our movement is made up of 48 MS organisations with links to many others.

For more information, please visit www.msif.org



Multiple Sclerosis Journal (MSJ) is a peer-reviewed international journal that focuses on all aspects of multiple sclerosis, neuromyelitis optica and other related autoimmune diseases of the central nervous system. All abstracts from RIMS conferences are published in MSJ, the official journal of RIMS.

For more information, please visit journals.sagepub.com/home/msj



The World Federation for Neurorehabilitation (WFNR) is a not-for-profit global, multi-disciplinary organisation with a mission to raise awareness of neurorehabilitation, provide training and education, encourage research and collaboration and provide a forum for all professionals interested in neurorehabilitation across the world. The WFNR has over 8000 members worldwide, 44 Special interest Groups and is affiliated to 45 National Societies. WFNR holds a biennial World Congress.

Partnership Work

MS Nurse PRO 2023

Within the multidisciplinary team, MS nurses have a key central role in the care and support for people living with multiple sclerosis (PlwMS) and their families. Despite this central role, training opportunities for MS nurses are often limited, partly due to a lack in specific training, partly due to the time constraints and staffing shortages that nurses face today.

MS Nurse PRO is a unique, free, online education program for nurses and other healthcare professionals who work with PlwMS. MS Nurse PRO was developed by EMSP in collaboration with RIMS, is supported by internationally renowned experts in MS, is accredited by the Royal College of Nursing and the International Organization of MS Nurses and is endorsed by more than 15 different European professional associations for nurses or neurologists. MS Nurse PRO is available in 13 different languages.





Understanding MS



Clinical Presentation




Diagnosis & Assessment



Treatment




Care & Support



Rehabilitation

From goal setting to the different types and methods of rehabilitation.



Research in MS nursing practice

From understanding the value of research to its implementing in clinical practice.

The 7th module on Research in Nursing Practice, just launched at Ectrims 2022, offers nurses a clear understanding of the value of research, why research is important in MS nursing and how research can be implemented in clinical practice to improve patient outcomes.

The course includes: testimonials from research nurses describing their roles and the challenges they encounter, examples of real-world nursing research stories and Nursing tips to help the nurses understand the research processes and ways in which it can be implemented in practice. After completing each module, a test can be taken to obtain a certificate.

Today, MS Nurse PRO has approximately 9000 users, 90% are nurses, 10% are other healthcare professionals. Feedback from nurses who have completed the training clarifies the positive impact of MS Nurse PRO on their clinical practice and their direct care of PwMS; 97% of nurses that considers the training as relevant for their day-to-day job and 62% of nurses that confirmed the training has positively changed their MS nursing practice.

In addition to a training programme, MS Nurse PRO is also a platform for consulting and collaborating with colleagues and MS experts from the national and international MS community, with the aim of supporting and empowering MS nurses by sharing best practices and networking with colleagues in Europe. MS Nurse PRO together with the European MS Nurse community want to contribute in this way to a better and higher quality care and support for PwMS and their families.

For the second year running MS Nurse PRO is partnering up with Birmingham City University to offer a virtual Learning Module, to gain the opportunity to deepen knowledge and gain university-level credits. On the successful completion of the course, participants will be awarded 20 UK university credits (equivalent to 6-8 ECTS).

In 2023 Module 4 on Treatment has been reviewed and updated completely. Practical and printable information-sheets on every Disease Modifying Treatment has been added. In 2024 Module 1 and Module 2 will be reviewed and updated.

We are committed to eliminating financial obstacles by offering ten educational grants covering all the enrollment costs, virtual group and 1:1 support throughout the course as well as the costs of the certificate of completion. Applying for 2024 can be done here: <https://msnursepro.org/educational-grants>

Piet Eelen - Chair Syllabus Committee EMSP

Join MS Nurse Pro today:
<https://msnursepro.org>



Partnership Work

ECTRIMS Summer School June 27-29, Gdansk, Poland

The 2023 ECTRIMS Summer School – jointly organized by RIMS – gathered international experts in the field to provide a “state of the art” update on:

- biological and ecological implications of rehabilitation, how measuring MS with a set of outcome measures and devices is relevant to planning a personalized rehabilitation treatment;
- how the use of technology in rehabilitation could be useful to improve its effectiveness and a view on the “around the corner” technologies that will be applied in rehab.

The last session was dedicated to the advancements in the design of clinical trial in rehab, taking into account, in particular, the use of digital markers. All the theoretical sessions were followed by practical and interactive working groups that involved all participants in applying the concepts on outcome measure, technologies in rehab and clinical trials in rehabilitation. The target audience was represented by young neurologists, physiatrists, physical therapists, occupational therapists, and psychologists with an interest in this area who want to deepen and implement their expertise in the field.

Our Sponsors

In 2023, RIMS has continued to benefit from the unconditional support coming from the industry. This funding enabled RIMS to further develop its network of rehabilitation experts through jointly executed cross border projects and research. RIMS acknowledges the importance of this support and confirms its strict following of EFPIA's Code of Ethics.

Corporate Partner



Main Digital Partner



Sponsors of the Annual Conference Genoa 2023



Sponsor of a SIG meeting



Why become a Member of RIMS?



Annual Conference and Workshop at reduced registration fee

Individual members as well as a maximum of six professionals from a member centre are able to get a RIMS Annual Conference and RIMS Workshop registration fee at a special reduced member price.



Join a Special Interest Group

A number of Special Interest Groups (SIG's) have been established. The groups meet at least once a year during the RIMS annual conference. The SIG's also organise professional annual in-between workshops, which are supported financially by RIMS. RIMS members are offered free attendance to the SIG in-between meeting and the social dinner is free of charge.



Make use of the RIMS Grant Programme

RIMS offers a Grant Programme to support multi-centre studies, a shared best practice network, or a SIG project. RIMS financially supports one grant each year.



Get access to E-Educational Material

Some of the SIG's have published papers or pamphlets on important MS issues. These are distributed among RIMS members. E-Education material (podcasts, webcasts from conference presentations and outcome measures) are available on the RIMS website and provide useful information for your research or clinical practice.



Take advantage of the Fellowship Exchange Programme

RIMS offers a Fellowship Exchange Programme to young rehabilitation professionals from Europe, to facilitate their training in MS rehabilitation at RIMS member centres. The aim of the programme is to promote the multidisciplinary approach to rehabilitation in MS and to encourage the exchange of information and professional growth for those working in the field of MS.

Membership Types & Fees

€30,25 STUDENT Annual Membership Fee	€121 INDIVIDUAL Annual Membership Fee	€484 CENTRE Annual Membership Fee
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0% VAT is applied to the membership fee.
 (Directive 2006/112/EC – implemented in Article 44 §2, 11° Belgian VAT Code).

The annual membership fee (incl VAT) is valid for 1 calendar year (January 1st – December 31st).
 One can join RIMS at any time of the year, but the membership will expire at the end of that year.

Students who would like to join RIMS will be requested to send a student identification document.

Discover all the membership plans on the RIMS website:
<https://www.eurims.org/Memberships/rims-memberships-benefits.html>

Pay Online

Please register on the RIMS Membership platform using the link provided and proceed with payment via credit card:
<https://eu.eventcloud.com/200240056>

Please contact secretariat@eurims.org for assistance or more information.

Pay Offline (via Bank transfer)

TO: RIMS
 Tervuursevest 101 (bus 1501), 3001 Leuven

BANK: Bank J. Van Breda & CO NV
 Mechelsesteenweg 147, 3020 Herent

IBAN: BE50 6451 0222 6618
BIC/SWIFT: JVBABE22
VAT: BE0871.838.770
MAIL: secretariat@eurims.org

IMPORTANT: Always mention your Invoice number and name or institution when paying via bank transfer

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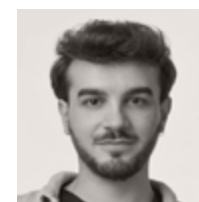
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Since 2016, SEAUTON BVBA (www.seauton-international.com) is the assigned association management company and conference organizer of RIMS.

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