



**ANNUAL
REPORT
2017**



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Message from the president



Dear readers,

It is with great pleasure that I am writing my first president's message for the annual report of RIMS. In previous years, I have seen and contributed to the development of RIMS as an organisation and the growth of the activities it undertakes. All in support of our mission to enhance activity, participation and autonomy of people with MS by developing and advocating evidence-based rehabilitation.

In 2017, the composition of the board changed because the terms of five of its members ended. Under the inspiring leadership of our previous president RIMS has taken a giant step forward. Peter (Feys) has been the driving force behind a lot of the activities presented in this annual report. Although our appreciation for his work for RIMS was already clearly expressed at the general assembly during the conference in Barcelona, I think it is justified to repeat the main message here: Peter, thank you for moving RIMS forward! Of course, we - as clinicians and researchers who are used to work in multidisciplinary teams - know that the chair person is not the sole responsible for a team's success. Therefore, I would also like to express my gratitude towards Alessandra (Solari), Chris (Heesen), Päivi (Hämäläinen) and Ulrik (Dalgas) for their outstanding work for RIMS. At the same time, I am very pleased that four very enthusiastic members, Anders (Skjerbaek), Christian

(Dettmers), Giampaolo (Brichetto) and Piet (Eelen), took up the challenge as new board members. I am looking forward to working with them!

Since RIMS firmly believes that bringing people together is an important requisite for successful activities that will help us to achieve our mission and vision, I am very happy to see that there were a lot of these activities in 2017. We have had a very nice and well-attended annual conference in Barcelona with 313 registrations. Four of the Special Interest Groups (SIG's) had their also well attended and productive in between meetings. And finally, RIMS was co-organizer of the 5th ECTRIMS summer school on "symptomatic treatment and rehabilitation" in Santiago de Compostela. Several of our members presented at this summer school. It is very satisfying to see the enthusiasm and the inspiration people get from attending these meetings.

In 2017, two important RIMS activities were finalized. Jana (Pöttgen) and members of the SIG psychology and neuropsychology have written, supported by a RIMS grant, a scoping review on sexual disorders in MS and published it in PlosOne. During a fully packed session at ECTRIMS the rehabilitation module of the MS Nurse PROfessional programme (MS Nurse PRO) was launched and received with a great applause. Daphne (Kos) represented RIMS in the working group that worked on this module. Two nice examples of how our policy,

in these cases providing RIMS grants and establishing relevant partnerships, leads to tangible products.

What will happen in 2018? Our core activities, such as the annual conference, the SIG's, the RIMS grant and the fellowships will remain unaltered, and we will continue to establish useful partnerships and look for funding for RIMS projects. In addition, there will be a shift towards more educational activities with the aim to reach more clinicians who are involved in the rehabilitation of persons with MS. In close cooperation with Seauton, we will start to organise additional local symposia once per year and develop more e-educational materials, which will be published on the website. Thus, working towards accomplishing our vision: all people with MS throughout Europe have access to evidence-based rehabilitation when they need it.

I kindly invite you to look through our annual report and carefully read the parts of your interest, as it contains much more useful information on our activities of 2017.

Kind regards,

Prof Vincent de Groot
President

About RIMS

RIMS is an international, non-profit organisation to develop, train and advocate evidence-based rehabilitation in the field of Multiple Sclerosis. RIMS is a multidisciplinary network of MS Rehabilitation Centres and individual health care practitioners and has become the point of reference with regards to MS rehabilitation in Europe and beyond.

RIMS was created in 1991, in Milan, Italy. Today, we closely cooperate with internationally renowned key players in the MS field such asECTRIMS (European Committee for Treatment and Research in Multiple Sclerosis), EMSP (European Multiple Sclerosis Platform), MSIF (Multiple Sclerosis International Federation), MSJ (the Multiple Sclerosis Journal) and IJMSC (International Journal of MS Care).

Membership gives you access to the resources of the network, encourages study visits, enables exchange of best practice and other skill improving activities. Therefore, we encourage all MS Centres, MS patient organisations and individual healthcare professionals and researchers to join the network.

OUR MISSION

We aim to enhance activity, participation and autonomy of people with MS by developing and advocating evidence-based rehabilitation.

OUR VISION

All people with MS throughout Europe have access to evidence-based rehabilitation when they need it.

OUR AIMS

- Raise the profile of rehabilitation in MS and attract the best researchers and practitioners.
- Improve the understanding of rehabilitation and its relevance at every stage of MS.
- Manage the generation of new evidence on rehabilitation in MS by facilitating interaction between researchers and practitioners.
- Stimulate the implementation of new and existing evidence-based rehabilitation.
- Educate and train practitioners to integrate evidence into clinical practice.



Our Members in 2017

RIMS' Members are member centres/ organisations, individual members and student members. RIMS' Members come from across Europe and beyond.

The RIMS Secretariat, in close collaboration with the RIMS Membership Officer, keeps updated contact details of all members.

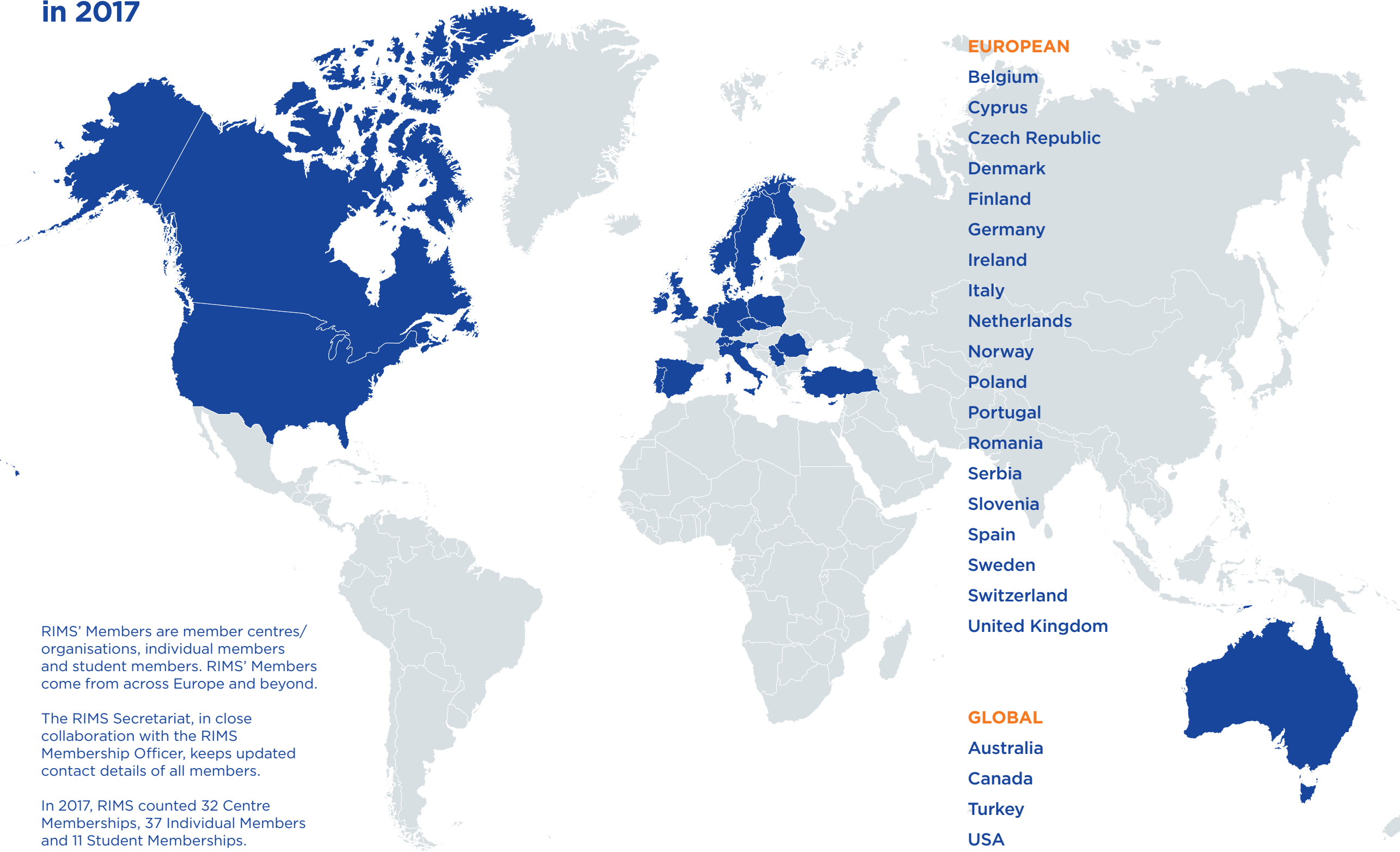
In 2017, RIMS counted 32 Centre Memberships, 37 Individual Members and 11 Student Memberships.

EUROPEAN

- Belgium
- Cyprus
- Czech Republic
- Denmark
- Finland
- Germany
- Ireland
- Italy
- Netherlands
- Norway
- Poland
- Portugal
- Romania
- Serbia
- Slovenia
- Spain
- Sweden
- Switzerland
- United Kingdom

GLOBAL

- Australia
- Canada
- Turkey
- USA



The Executive Board 2017-2020

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



THE EXECUTIVE BOARD OF RIMS, FROM LEFT TO RIGHT: Christian Dettmers (DE), Giampaolo Brichetto (IT), Anders Skjerbaek (DK), Jaume Sastre-Garriga (ES), Piet Eelen (BE), Jenny Freeman (UK), Daphne Kos (BE), Vincent de Groot (NL)

Name	Background	Country
Vincent de Groot President	Rehabilitation Physician	Amsterdam The Netherlands
Daphne Kos Vice-President	Occupational Therapist	Leuven & Antwerp Belgium
Jenny Freeman Secretary & Fellowship Officer	Physiotherapist	Plymouth United Kingdom
Christian Dettmers Membership Officer	Neurologist	Konstanz Germany
Jaume Sastre-Garriga Treasurer	Neurologist	Barcelona Spain
Piet Eelen SIG Officer	Nurse Specialist	Melsbroek Belgium
Giampaolo Brichetto RIGra Officer	Rehabilitation Physician	Genova Italy
Anders Skjerbaek Education Officer	Physiotherapist	Ry & Haslev Denmark

Special Interest Groups (SIG)

Special Interest Groups (SIG's) aim to promote research, stimulate evidence-based rehabilitation and improve the management of persons with MS and their caregivers. Traditionally, an intensive 'in-between' meeting of 1,5 to 2 days takes place between 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 commonly also organised.

Mobility

Chair

Anders Romberg, Finland
anders.romberg@neuroliitto.fi

Co-chair

Paul Van Asch, Belgium
paulvanasch@yahoo.com

Bladder, Bowel & Sexuality

Chair

Laura Lopes, Italy
laura.lopes666@gmail.com

Co-chair

Piet Eelen, Belgium
piet.eelen@ms-centrum.be

Psychology & Neuropsychology

Chair

Jana Pöttgen, Germany
j.pottgen@uke.uni-hamburg.de

Co-chair

Anita Rose, UK
draerose@btinternet.com

Communication & Swallowing

Chair

Leonie Ruhaak, Netherlands
lruhaak@nieuwunicon.nl

Co-chair

Francesca DeBiagi, Italy
Francesca.debiagi@ospedalesancamillo.net

Occupation

Chair

Jelka Jansa, Slovenia
jelka.jansa@kclj.si

Co-chair

Sofie Ferdinand, Belgium
sofie.ferdinand@mscenter.be

Patient Autonomy

Chair

Chris Heesen, Germany
heesen@uke.de

Co-chair

Alessandra Solari, Italy
solari@istituto-besta.it

Special Interest Groups Meeting Schedule 2017



SIG Psychology & Neuro-psychology

SIG Bladder, Bowel & Sexuality

May 4th, 2017
Barcelona
Spain



SIG Occupation

October 13-14th, 2017
Hakadal
Norway



SIG Mobility

November 16-18th, 2017
Overpelt/Hasselt
Belgium



SIG Patient Autonomy

November 16-17th, 2017
Milan
Italy



SIG Report

Bladder, Bowel & Sexuality Psychology & Neuropsychology



In-between meeting for
SIG Psychology & Neuropsychology
& SIG Bladder, Bowel & Sexuality
May 4th, 2017, Barcelona, Spain



About us

The **Special Interest Group on Bladder, Bowel and Sexuality** is an interdisciplinary group of health care professionals that includes nurses, rehabilitation doctors, physiotherapists, neurologists with a special interest in this topic. In the last years also gastroenterologists, psychologists and urologists were involved.

The role of the **Special Interest Group Psychology and Neuro-psychology** is to provide evidence-based information regarding psychological and neuropsychological impairment in MS and its rehabilitation opportunities for RIMS members and other persons who are interested in this field. Another main issue is to exchange and provide specific knowhow all of us collect in our daily work. Our international collaboration is the best platform for team work.

In-Between Meeting

Where?
Barcelona, Spain

When?
May 4th, 2017

Topic?
Sexual Dysfunctions in MS:
How to speak about? How to measure? How to treat?

Participants
Anita Rose (UK), Michelle Pirard (BE), Lucie Kadrozkova (CZ), Elisenda Englada (ES), Inna Sanz (ES), Anita Kurikka (FI), Nina Rexen (DK), Anette Husted (DK), Brigitte Bech Andersen (DK), Soraya Vazquez (ES), Roberta Litta (IT), Christina Bungardean (RO), Vivianne Sterk (NL), Leoni Vlutters (NL), Susanne Kägi (CH), Gesa Pust (DE), Päivi Hämäläinen (FI), Jana Pöttgen (DE), Piet Eelen (BE)

Chair (Laura Lopes) and co-Chair (Piet Eelen) together with 2 spanish, 1 dutch, 2 belgians, 1 swiss, 1 danish and 4 israelians

SIG Report

Bladder, Bowel & Sexuality Psychology & Neuropsychology

Summary of the meeting

The last SIG meeting was in Barcelona during the Annual RIMS Conference in 2017. In this meeting we presented the SIG recommendations for bowel management in pwMS (final version) and submitted a questionnaire proposal about management of sexual dysfunction in Rehab Centers for PwMS.

Projects and publications

Our scoping review regarding sexual problems in MS in relation to neuropsychiatric disorders was accepted in January 2018 (PlosOne) and will be published soon. In addition, some of our SIG members are involved in a proposal regarding the CompAct validation for the Rigma (RimsGrant program) in cooperation with the SIG Autonomy.

Future Plans & Meetings

The action plan for the coming years will be to generate new projects we are interested in and we can work on in an international context. In addition we should activate more MS specific psychologists for their interest in our SIG.

SIG Report

Mobility



In-between meeting for
SIG Mobility
November 16-18th, 2017,
Overpelt & Hasselt, Belgium



About us

The SIG on Mobility consists predominantly of physiotherapists complemented by medical/rehabilitation doctors, researchers 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.

In-Between Meeting

Where?
University of Hasselt, Belgium
Rehabilitation & MS Center
Overpelt, Belgium

When?
November 16-18th, 2017

Topic?
Technology Supported
Assessment and
Rehabilitation in MS

Participants
from 17 countries in Europe

SIG Report Mobility

Summary of the meeting

The SIG Mobility group gathered between 16th and 18th November at the University of Hasselt and the Rehabilitation & MS Center Overpelt in Belgium. This “in-between” meeting was arranged already for the 20th time within the Mobility group. It assembled participants practically all over Europe from 17 countries.

The fascinating and extremely versatile program started on Thursday evening with an expert panel discussion on symptomatic treatment for mobility (arranged in collaboration with Biogen). The next two days included a good mixture of keynote talks, 19 short presentations and six workshops. Of note is also the atmospheric dinner on Friday evening shared together with the SIG Swallowing and Speech group.

The meeting was extremely well organized thanks to the hard working teams both in the REVAL research group at Hasselt and in the Overpelt Rehabilitation Centre. It gave a topical view on a number of latest technical applications used in physical rehabilitation in MS. Moreover, the workshops included demonstrations on how to apply emerging new therapeutic approaches, such as music therapy and dual task training, into clinical practice. Consequently, the linking of research into practice can be highlighted as a major strength of the meeting. Additional apparent credits of the successful meeting were the opportunities given to young researchers to present their (preliminary) works as well as the outstanding opportunities for collegial networking.



In-between meeting for SIG Mobility
November 16-18th, 2017, Overpelt & Hasselt, Belgium

Future Plans & Meetings

2018 activities include:

- 3-hour workshop on the 31st May within the RIMS Annual conference in Amsterdam.
- SIG Mobility in-between meeting “Rehabilitation in MS: Innovations in research and practice” in Glasgow (UK) with Lorna Paul serving as the host. Dates: 28 and 29 September 2018

SIG Report Occupation



In-between meeting for
SIG Occupation
October 12-14th, 2017
MS Senteret Hakadal, Norway



About us

SIG Occupation is a network of occupational therapists with an interest in Multiple Sclerosis. We welcome OT colleagues who are clinicians, researchers and educators. We would also like to invite other professionals to join, who are interested into or support our role in PwMS.

We have two meetings per year:

- A short, 3-hours meeting, attached to the Annual RIMS conference
- An annual in-between meeting that takes two days and is organized with partial financial support from RIMS. The in-between meeting takes place in the member organisation that is willing to host it and is organized around a specific theme. It also includes future plans. Sometimes, in-between meetings are organized in collaboration with the other SIG's. Topics discussed with other SIG's in the past were 'wheelchairs in daily life', "cognition", "employment" and "upper limb" issues in PwMS.

In-Between Meeting

Where?
MS Senteret Hakadal, Norway

When?
October 12-14th, 2017

Topic?
The OT Challenges in Daily Practice with PwMS

Participants
There were 11 participants from Belgium, Finland, Norway and Slovenia, namely:
Hilde Ryg (NO),
Inger Grethe Loyning (NO),
Jeanette Richwood (NO),
Dr Stine Marit Moen (NO),
Line Berthelsen (NO),
Jelka Jansa (SI),
Saskia Van Hooydonk (BE),
Stéphanie Remy (BE),
Marijke Duportail (BE),
Sofie Ferdinand (BE),
Tarja Huilla (FI)

SIG Report Occupation

Summary of the meeting

This year the in-between meeting was organized in collaboration with the MS center Hakadal, Norway. Our local organizer was Inger Grethe Løyning and her team. Thanks to them we experienced warm hospitality, both by the fire pit at the Welcome on Thursday and in the MS-center during working days. The theme of the meeting was broad enough to allow us to exchange many ideas, related to our daily clinical challenges in PwMS. The following issues were discussed in-depth.

The programme:

- Characteristics of the upper limb rehabilitation in MS
- Bone health and fractures, relevant for activity and participation in PwMS
- Dilemmas & challenges in OT practice
- The coaching role of the OT Experienced challenges in daily practice to adapt our profession in the current context
- Challenges in the process of change
- Fulfilling our roles in clinical practice
- FACETS - translation and modification of the programme into clinical environment
- The impact of Life balance for persons with advanced MS Update on the LBI study
- Practice Models
- Content for the website
- Position paper about the OT in PwMS

Overall, the meeting was stimulating and allowed enough time for fruitful discussions.

Future Plans & Meetings

The next meeting will be back to back at the Annual RIMS Conference 2018 in Amsterdam, devoted to the theme of the OT intervention across the Lifespan of MS.

The in-between meeting will take place in Denmark, November 2018

SIG Report Communication & Swallowing



In-between meeting for SIG Communication & Swallowing November 16-18th, 2017 Overpelt, Belgium



About us

We are a small group of speech and language therapists coming from different countries in Europe, who are working with persons with Multiple Sclerosis (MS). The aim of our group is to exchange experiences on assessment and treatment.

Moreover we would like to foster research in MS by developing together projects (for example: Translation and Validation of the DYMUS questionnaire). It's always exciting to network and exchange knowledge. During the year we keep in touch by e-mail and Skype meetings using our best English. Once a year we organize a 2 days meeting which is supported by RIMS and takes place each year in a different location.

In-Between Meeting

Where?

Overpelt, Belgium

When?

November 16-18th, 2017

Topic?

Innovative Strategies of Assessment and Rehabilitation

Participants

Hilda Baeken (BE), Ann Boeckx (BE), Caroline Bruggeman (NL), Astero Constantinou (CY), Natalie Gijbels (BE), Selma Giling (NL), Agnieszka Kita (PL), Kelly Van Landeghem (BE), Karen Van Leuven (BE), Hélène Mathy (BE), Anouk Nissen (BE), Gwen Van Nuffelen (BE), Marta Renom (virtual) (ES), Leonie Ruhaak (chair) (NL), Charlotte Schellen (BE), Malgorzata Stachowiak (PL), Ingrid Theunkens (BE), Sarah Vanlievendael (BE), Elien Verbeke (BE), Emilia Waldoch (PL)

SIG Report

Communication & Swallowing

Summary of the meeting

The meeting was participated by 18 speech and language therapists and 1 physiotherapist. The topic of the reunion was ‘innovative strategies of assessment and rehabilitation’. We discussed different subjects in an interactive manner, in order to exchange knowledge and experiences.

Activities:

- Updates on current RIMS Grant Projects; DYMUS and systematic review on dysarthria
- In depth presentations and discussion of swallowing dysfunction, tongue strength and swallowing rehabilitation
- A glimpse of the current practice of SLT's in Rehabilitation & MS Centre Overpelt
- Example of applied tele practice in speech therapy in MS
- The use of augmentative communication, pro's and con's
- Information market with technology talks and demo's and practical tries
- Combined dinner and quiz with SIG Mobility
- Guided tour of Rehabilitation & MS Centre Overpelt

Future Plans & Meetings

- Creating a SIG Communication & Swallowing Facebook page in order to keep in contact through the year, exchange knowledge and newfound literature and to be able to ask for advice
- Completing RIMS Grant Projects
- Next SIG meeting (as part of RIMS conference) in Amsterdam (May-June 2018)
- Next SIG in-between meeting in autumn, location to be determined
- To attract new members from different countries in order to grow internationally

SIG Report

Patient Autonomy



In-between meeting for SIG Patient Autonomy
November 16-17th, 2017
Milan, Italy



About us

OVERALL GOALS

The 'Patient Autonomy' SIG (formerly 'Patient Education') is committed to understand the decisional needs of people with MS and health providers along the disease trajectory, and to support shared decision-making (SDM) in MS. Strategies to enhance patient self-management and coping are also at the core of our group.

OUR AIMS

- Design and evaluate evidence-based patient decision aids and behavioural interventions
- Develop and evaluate SDM and communication training programs for health professionals
- Design and validate of patient-reported outcome measures of knowledge and care satisfaction

In-Between Meeting

Where?

Milan, Italy

When?

November 16-17th, 2017

Topic?

The Expert MS Patient:
Moving along the Illness
Trajectory

Participants

Marco Heerings (DK), Katia Mattarozzi (IT), Chris Heesen (DE), Anne Rahn (DE), Cinzia Colombo (IT), Jana Pöttgen (DE), Richard Nicholas (UK), Paola Mosconi (IT), Jessica Argenziano (IT), Alessandra Solari (IT), Alberto Raggi (IT), Sara Ducale (IT), Rosalba Rosato (IT), Andrea Giordano (IT), Arianna Fornari (IT), Marta Bassi (IT), David Wilkie (UK), Carla Finocchiaro (IT), Insa Schiffmann (DE), Anna Barabasch (DE), Ambra M Giovannetti (IT), Monica Falautano (IT), Marie D'hooghe (BE)

SIG Report Patient Autonomy

Summary of the meeting

Twenty six health professionals and researchers (neurologists, psychologists, nurses, health scientists and methodologists) from five European countries participated in the 2017 SIG in-between meeting, which was entitled 'The expert MS Patient: moving along the illness trajectory'. Overarching projects regarding MS patient empowering and shared decision-making were discussed, from the early phase of decisions regarding disease modifying treatments and MRI understanding, to the needs of patient transitioning to secondary progressive MS, and patient and carer involvement in guideline production on MS palliative care.

The meeting structure was new, as current projects held in this topic were discussed during the first day of the meeting, and in the second day new ideas and embryonic projects were shared. Carla Finocchiaro, Grant Officer at Fondazione IRCCS Istituto Neurologico C. Besta, participated to the meeting and supported participants in navigating pertinent calls. The final aim was to foster collaborative projects in the field of MS patient autonomy, involving professionals and researchers that are not currently part of our SIG.

The close collaboration with the SIG Psychology & Neuropsychology is now well established (Jana Pöttgen, chair of the SIG Psychology participated and joined meetings. This proved successful and will be repeated).

RIMS 22nd Annual Conference

The 22nd Annual RIMS Conference, 'Shaping the Future of MS Rehabilitation' was held in Barcelona, Spain on 4-6 May 2017.

The Conference was attended by 320 delegates from 22 countries, with over 100 speakers and presentations. The meeting and programme were developed in close collaboration with the Centre d'Esclerosi Múltiple de Catalunya (Cemcat).

RIMS is proud that attendees appreciated the presentations of the diverse and dynamic group of faculty, and that valuable contacts have been established during the networking moments.

Special thanks also go to NeuroCompass for its extensive report on the conference. It can be found at the following webpage: <https://www.neuro-compass.education/en-gb/highlights-from-the-22nd-annual-rims-conference/>



RIMS prize winners

Best oral presentation Morten Riemenschneider

Muscle fatigability in persons with multiple sclerosis – preliminary data

Best poster presentation Chiara Corini

Effect of treadmill training with virtual reality in improving gait and dynamic balance in patients with Multiple Sclerosis



RIMS 22nd Annual Conference

SIG meetings

The following SIGs held a meeting during the conference on May 4th from 16:00 – 19:00.

SIG Patient Autonomy
Empowering persons with MS: from Information to Coping Initiatives

SIG Communication & Swallowing
Dysarthria in MS: What is already known?

SIG Mobility
Balance: Pitfalls and Opportunities

SIG Psychology & Neuropsychology
Sexual Dysfunction in MS and its Impact on Patient's Life: How to speak about? How to measure? How to treat?

SIG Bladder, Bowel & Sexuality
Recommendations to Manage Bowel and Sexual Dysfunction in MS

SIG Occupation
Shaping the Future of MS Rehabilitation through Occupational Therapy

RIMS teaching courses

Optimizing Dysphagia Management in MS
May 4th, 2017

Clinical Application of 3D Gait Analysis in MS
May 4th, 2017

What do we know about Neuropsychological Rehabilitation in MS?
May 4th, 2017

General Assembly

Was held on May 5th from 18:15 –19:15, in the plenary room at Hotel Alimara.



RIMS Grant Programme

RiGra2019: 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 are accepted.

Additional (non mandatory) criteria

- The applicant is an early career researcher, or a young (<36 year old) clinician.
- Multicenter and international collaborative projects, particularly between RIMS members/centres.

Grant amount

In the 2018 call, one project will be granted € 15.000.

Deadlines

Submission Deadline:
1st December 2018, 23h45
Application details can be found on the RIMS website.

Announcement winner

June 2019

RIMS Grant Application 2017 Winner

RIMS Grant Application 2017 Winner: Leonie Ruhaak

Prevalence, features and underlying causes of dysarthria in Multiple Sclerosis: a systematic review.

Co-Applicants:

- Francesca De Biagi, IRCCS Fondazione Ospedale San Camillo, Italy
- Fredrik Sand, Funktionsområde Logopedi, Sweden
- Joke Geytenbeek & Vincent de Groot, VU Medical Center, The Netherlands
- Hans Ket, Kelly Van Landeghem, Selma Giling, Sofie Noë, Marta Renom Guiteras

Project E-Educational Material



PODCASTS

The provision of educational resources remains a priority for RIMS members, who comprise of a wide range of clinicians and clinical academic researchers working within the area of MS rehabilitation. This educational programme is in line with a key strategic aim of RIMS to educate and train practitioners, from a variety of disciplines, to integrate evidence into clinical practice. Our ongoing aim is to utilize a multi-faceted approach to providing educational resources.

Developments over the past year have included following:

The provision of up-to-date evidence based educational materials on the RIMS website. The past year has seen an increase in the number of e-education resources, which include: podcasts, conference presentations (video and ppt formats) as well as a collection of clinical outcome measures (tests and patient-reported outcome measures). See <http://eurims.org/Resources/resources.html>.

- The podcasts address different domains of rehabilitation disciplines, with new additions to the site including an overview of therapeutic drug management, the management of balance and falls, MS and Cognition, and physical activity.
- The webcasts from conference presentations reflect the multi-disciplinary content of scientific programmes from RIMS conferences, EMSP-RIMS joint programme, and ADAMS ('adherence in MS') thematic meetings.
- The webpage on outcome measures provides information on clinical tests and patient reported measures in the domain of mobility, arm function and health-related quality of life. This content has been provided by the projects on joint multi-center data collection with the engagement of MS centers from across Europe and the US.

It is our intention to continue to steadily increase the range of podcasts provided by specialists working within a broad range of areas relevant to the rehabilitation of people with MS. Plenary sessions from the RIMS conferences in Barcelona 2017 were videotaped to enable RIMS members to reflect on and consolidate the knowledge gained from expert speakers from across a range of specialities.

In our Strategy 2018-2020 RIMS will increase its focus on educational activities in line with one of the key aims of RIMS to "Educate and train practitioners to integrate evidence into clinical practice". Upcoming educational initiatives include new teaching courses as well as an increased focus on E-education.

Project AD@MS

'Adherence@MS'

Lead: **Chris Heesen,**
Karin Rieman-Lorenz

With support from the ADAMS funding, K. Rieman-Lorenz performed a qualitative interview study among 11 MS exercise experts on factors considered relevant for adherence to physical activity (PA). Six women and six men from five European countries with a variety of professions and experiences participated in the study.

Most of the interviewees had long lasting experience with respect to physical activity and MS. Nine interviews were done by telephone, three were contacted face-to-face. Overall the results suggest that addressing environmental factors (e.g. availability and access to PA opportunities, support from health care professionals) might positively influence long-term adherence to PA among PwMS.

Moreover, taking into consideration the individual prerequisites of patients (e.g. exercise history, self-regulation skills, individual preferences concerning type of PA) and allowing for self-choice might foster a more intrinsic type of motivation and thereby enhance long-term adherence. For future interventions this might suggest developing individualized support systems to foster PA among PwMS and refrain from one-size-fits-all interventions. Based on these data an online survey was performed via the German MS society on adherence factors for long-term PA. Data analysis is ongoing. The status will be presented in Amsterdam.



CONFERENCES



OUTCOME MEASURES

Project APPECO

‘Applying Evidence
with Confidence in
MS Rehabilitation’

Lead: Martin Heine,
Heleen Beckerman,
Vincent de Groot

The aim of this project is to develop, set-up and implement a case example (template) of an open-source internet-based Living Documentation System (APPECO) providing a fluid and up-to-date comprehensive database linking evidence to practice in MS Rehabilitation.

Progress since inception

Together with the software developers (everywhereim.com) and a multidisciplinary advisory board, we’ve been able to develop an online platform for the identification, inclusion, data-extraction, analysis and reporting of clinical trials on MS rehabilitation for fatigue and cognitive function. Thus far, >85 clinical trials have been added to the system, already providing insight into the effectiveness of a range of interventions on these important symptoms. The platform uses independent reviewers throughout the process to maintain scientific rigor. A first live version of the platform was presented and well received at the Annual RIMS Conference in Barcelona, 2017.

Current developments and future points of action

Multiple improvements to the platform are underway. The www.appeco.net platform is currently being upgraded to a user-friendly and professional web-environment. From a programming perspective, the option to include follow-up data of interventions is being included, which will improve the output available to the users to determine the best possible evidence. It is envisioned that this innovative way of providing real-time aggregating of post-intervention data and follow-up data in single plot will revolutionize the way we conduct systematic reviews and meta-analysis. Once these developments have been completed, the most important next steps are to make and keep the included studies up-to-date and expand to other domains (e.g. mobility).

Project CMI in persons with MS

Cognitive-Motor
Interference in
persons with MS

Lead : University of Hasselt,
REVAL, Belgium
(Peter Feys & Ilse Baert)

Participants

- Masku Neurological
Rehabilitation Centre
Finland
-
- FISM Scientific Research,
AISM, Italy
-
- Sheba medical Center,
Tel-hashomer, Israel
-
- National Multiple Sclerosis
Center Melsbroek, Belgium
-
- Rehabilitation and Multiple
Sclerosis centre Overpelt,
Belgium
-
- AZ Klina, campus De Mick,
rehabilitation, Brasschaat,
Belgium
-
- Centre Hospitalier
Universitaire de Liège,
Belgium
-
- Belgium MS society Flanders,
Belgium (Flemish partners in
collaboration with MS Society
Flanders)

This is a development & research project on cognitive-motor dual task assessment and training with multiple partners. A technology-supported assessment and training methodology has been developed in 2016 within a multi-disciplinary team consisting of physical and occupational therapists, neuropsychologists and medical doctors in interaction with engineers of UHasselt (EDM/IMO) & PXL in Flanders. Currently, patients are being enrolled in clinical trials. Methodology and results will be shared within the RIMS network including special interest groups in the second half of 2017.

Dual tasking (DT), doing two things at once, such as walking while talking on the phone or while reading off a shopping list is very frequently required in everyday life. Cognitive-motor interference (CMI) occurs when the performance on a motor or cognitive task decreases when both are performed simultaneously (dual task) compared to single task execution, being the so-called dual task cost (DTC). This CMI is greater in elderly and patients with neurological conditions compared to healthy persons, impeding daily life functioning. Problematic cognitive-motor DT has been related to unemployment and fall risk. Walking dysfunction and cognitive impairment are very prevalent in persons with MS (pwMS), already starting in an early disease phase. Moreover, even in patients without clinically evident motor or cognitive impairment, “invisible disability” may arise during multi-tasking performances. Therefore, this study focuses on the assessment of CMI and effectiveness of integrated dual task versus singular motor task training. The goal of the study is to enhance current rehabilitation treatment content, in order to improve daily life mobility and related quality of life of pwMS.

Thirty-three pwMS and 31 age-gender matched healthy controls participated in the CMI assessment study. Data will be used to investigate the magnitude of the DTC according to different types of cognitive distractors (information processing, memory, attention, etc.) and its association with factors as severity of cognitive or motor dysfunction, fatigue and quality of life. Test-retest reliability has already been examined for the various cognitive-motor dual tasks used in this study. In general, reliability of the motor DTC was good (ranging from moderate to excellent), while that of the cognitive DTC was only weak to moderate. Further, approximately 40 pwMS completed the training program in either the dual task or single motor task training group. The dual task training program performed with the developed technology tool using a tablet and headset (see figures below) has shown to be feasible in pwMS. Next to that, reactions of pwMS and therapists on the dual task training were in general positive. Participants perceived it as useful, challenging, interesting and fun. It is hypothesized that effects on DT will be greatest after integrated training. Analyses will allow identifying which patient profiles responds best. The interactive, adaptive technology tool will be ameliorated according to the feedback and experiences of the participants and therapists after the training study. The goal is to deliver a user-friendly protocol to provide stimuli to perform cognitive tasks during walking or during other forms of physical activity, in a therapist setting or at home.

Project EAN Guidelines on Palliative Care in MS

Lead for RIMS:
Jaume Sastre-Garriga,
Alessandra Solari

Clinical Practice Guideline on Palliative Care of People with Severe MS is a joint initiative of the European Academy of Neurology (EAN), RIMS, the European Association for Palliative Care (EAPC), and has been endorsed by the ECTRIMS and by the International Federation (MSIF). The guideline task force consists of health professionals from three disciplines (neurology, palliative care, and rehabilitation), methodologists, and patient advocates from nine European countries: Bulgaria, Germany, Denmark, Israel, Italy, the Netherlands, Serbia, Spain, and the UK.

Between April 2017 and February 2018 the ten guideline questions have been formulated by the task force, involving health professionals external to the task force and over 950 MS patients and caregivers from the participating countries via an online web survey and focus group meetings. The literature review for each guideline question is ongoing, and it is envisaged that the guideline, produced following GRADE, will be available by the end of the year.

Fellowship Exchange Programme

The current call for the fellowship exchange programme is open with application deadline set on June 22nd and December 1st 2018. In each call, two fellows can be refunded up to €1000 each.

The fellowship is available to young European professionals, 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 multidisciplinary 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 document to apply) on the RIMS website: www.eurims.org.

Please contact the RIMS administration desk when you have any questions regarding the fellowship: secretariat@eurims.org

2017 beneficiaries of a RIMS Fellowship:



Klara Novotna (CZ)

FROM

MS centre Department of Neurology, First Faculty of Medicine, Charles University and General University Hospital in Prague, Czech Republic

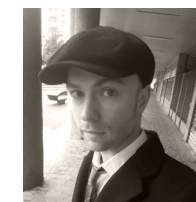
TO

Masku Neurological Rehabilitation Centre, Finland

PERIOD:

02.10.2017 till 09.10.2017

Klara: "During my fellowship in the centre I acquired some new very useful inspiration and insight to complex rehabilitation treatment especially in people with severe disability."



Thomas Bowman (IT)

FROM

Don Gnocchi Foundation, Santa Maria Nascente centre, Milan, Italy

TO

Tara Hose, MS Ireland/ University of Limerick, Limerick, Ireland

PERIOD

23.09.2017 till 01.10.2017

Thomas: "My fellowship was a great opportunity for personal and professional growth."



Adnan Heric-Mansrud (NO)

FROM

MS Center in Hakadal AS, Norway

TO

MS Hospital In Denmark, Ry, Denmark

PERIOD:

30.04.2018 till 03.05.2018



Renata Rautszko (PL)

FROM

MS Center in Borne Sulnowo, Poland

TO

MS Center in Hakadal AS, Norway

PERIOD:

18.09.2018 till 22.09.2018

Our Partners



ECTRIMS is a professional organisation dedicated to the understanding and treatment of multiple sclerosis. A joint RIMS-ECTRIMS conference is organised every 3 years. In 2017, ECTRIMS organized a summer school on symptomatic treatment and rehabilitation in collaboration with RIMS. It took place on 13-15 June 2017, Santiago de Compostela/Spain.

For more information, please visit www.ectrims.eu



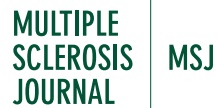
The MS International Federation is a unique global network of MS organisations, people affected by MS, volunteers and staff from around the world. Our movement is made up of 49 MS organisations with links to many others.

For more information, please visit www.msif.org



EMSP represents more than 700.00 people living with MS in Europe. We are an umbrella organization of 40 national MS societies in 35 countries that works according to a threepillar approach to ensure that people with MS have a real voice in determining their own objectives and priorities: campaigning through advocacy and awareness-raising, collecting and sharing knowledge and expertise, encouraging research and data collection. RIMS collaborated in 2017 with EMSP on the rehab module of the MS Pro Project and RIMS contributed to the Ready for Work Guidelines.

For more information, please visit www.emsp.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 msj.sagepub.com



International
Journal of **MS**CARE

IJMSc is a peer-reviewed international bi-monthly publication focusing on multiple sclerosis and related autoimmune disorders of the central nervous system. The primary goal of IJMSc 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. Categories of manuscripts considered include original research, clinically relevant reviews of the literature, case reports, consensus statements, controversies, book reviews, and letters to the editor.

For more information, please visit www.ijmsc.org

Partnership Work

MS Nurse PRO (EMSP)

The European Multiple Sclerosis Platform (EMSP) in partnership with Rehabilitation in MS (RIMS), the International Organisation on MS Nurses (IOMSN) and the European Committee for Treatment of Multiple Sclerosis (ECTRIMS) launched the 6th module focussing on Rehabilitation of the MS Nurse PROfessional programme, the first accredited e-learning curriculum for nurses specializing in the field of multiple sclerosis (MS).

EMSP in close collaboration with a wide range of European leading experts in the field, have developed a new module on Rehabilitation. This will complement the already existing 5 available modules (Understanding MS, Clinical Presentation, Diagnosis and Assessment, Treatment, Care and Support) to help nurses specialize and offer the best available support to patients.

Rehabilitation aims to improve and maintain function by reducing the level of disability a person with MS experiences via problem solving and educational interventions. It plays a very important role in improving the quality of life of patients. Participating in rehabilitation may lead to an overall improvement in emotional well-being and quality of life. It also has the capacity to empower a person with MS such that they are more confident in their functional abilities. By taking part in rehabilitation, a patient can restore lost skills and work towards regaining maximum self-sufficiency.

The rehabilitation module of the online educational programme MSNursePro has been launched during the ECTRIMS conference. (<https://www.msnursepro.org/>)

Daphne Kos (RIMS Vice-President) is member of the steering committee of MS Nurse Pro and part of the working group on the rehabilitation module.

Ready-for-Work-Employment-Guide (EMSP)

RIMS vice-president Daphne Kos was part of the Expert Panel that produced the guide for Health Care Professionals to have Conversations on Work with People with Multiple Sclerosis.

The RIMS Executive Board endorsed the Guide.

This is a guide for neurologists and other health care professionals (HCPs) to help them hold effective conversations regarding work with patients with MS. The document contains information and practical guidance on why, how and when to conduct such conversations.

This guide was produced by the Work Foundation and the European MS Platform and is available on the RIMS website.



Partnership Work

ECTRIMS Summer School

We are happy that RIMS co-organised the 5th ECTRIMS Summer School, which took place from 13 – 15 June 2017 in Santiago de Compostela, Spain.

As always, the educational program was directed to young researchers and clinical experts from different backgrounds (neurologists, rehabilitation physicians and multi-disciplinary therapy team) who want to generate and implement best evidence-based treatment and rehabilitation care.

Different RIMS board members took part in the scientific programme, as this year's topic "Symptomatic treatment and rehabilitation" is one of the main focusses of RIMS.

Almirall MS Experts Summit

At the Almirall MS Experts Summit in Barcelona on May 20th 2017, RIMS was invited to give a presentation. RIMS was represented by the former executive board member, Ulrik Dalgas, who gave a presentation entitled "Exercise therapy and its effects on function and the brain".

A paper based on the presentation was published after the meeting, (Neurodegener Dis Manag. 2017 Nov;7(6s):35-40).

The excellently organized event lasted two days and about 400 participants (predominantly neurologists) attended the meeting.

Partnership Work

RIMS hosted workshop with MSIF

**iPRO Initiative Stakeholder Meeting RIMS
Barcelona, May 4, 2017**



The 'science of patient input' is an emerging scientific discipline aimed at understanding and incorporating patient needs and perspectives into the processes of developing, regulating, and delivering new therapies. In this context, the 'science of patients input' includes advocacy to communication activities (<http://www.fastercures.org/assets/Uploads/Patients-Count-workshop.pdf>). Accompanying acceptance of the need to integrate patient perspectives is an increase in the demand for research-based methods and tools to measure the effectiveness of incorporating patient input into the system and, ultimately, its impact on patient health. Therefore the power of science of patients input lies on sources of patient data and framework used to involve patients (Margaret Anderson and K. Kimberly McCleary On the path to a science of patient input; 2016; 8: 336 336). MSIF and the other MS organizations recognize the need to engage and commit experts capable of producing the kind of rigorous patient data and analysis that can be relied upon to inform decisions made by all the stakeholders involved.

One of the objectives of MSIF's Strategic Plan 2017-2021 is to explore the feasibility of 'global collaborations for registries or databases in relation to Patient Centered Outcomes' including the development of a master framework for systematic MS patient involvement. Within this frame MSIF, in collaboration with Italian MS Society, organized a meeting during the RIMS Congress in Barcelona on 4th May, 2017 with the goal to convey MS organizations (MSIF and member organizations, RIMS and EMSP) and a small number of experts to develop a strategic plan towards a 'science of people with MS input' via an international 'federated network of MS Cohorts'. In particular to set specific objectives and develop a plan for collaborative work and for a multi-stakeholder consensus on an international 'Patient Reported Outcome (iPRO) Initiative'. The following actions to be developed were identified:

- To define functional domains that matter most for people with MS with their involvement via an approach to be defined and literature review.
- To harmonize the ongoing PRO databases initiatives using the above selected domains
- To provide a position paper that will provide a landscape of the main MS patients cohorts and registries in relation to PCO and propose to take the field forward and the collaborative work to the next steps.

Our Sponsors

In 2017, 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.

ANNUAL CONFERENCE



“At Biogen, we develop, market and manufacture therapies for people living with serious neurological, autoimmune and rare diseases.”



“We are internationally recognized as a biotechnology leader, with innovative and successful products along with a promising development pipeline.”



“It is a privilege for Roche to support RIMS in their mission to raise the profile of rehabilitation and thereby transform the lives of people living with MS.”



“As part of our long-term commitment to the MS community, we are proud to support RIMS, and the important work they do in advancing comprehensive care for people living with MS.”

PROJECTS



“We are committed to finding solutions to improve the lives of the approximately 2.3 million people around the world living with MS, whether through our treatments, or in determining new ways to measure patient outcomes.”



“As part of our long-term commitment to the MS community, we are proud to support RIMS, and the important work they do in advancing comprehensive care for people living with MS.”

Financial Report

RIMS PROFIT & LOSS ACCOUNT 2017

IN		OUT		
Membership fee	€ 17.994	Executive board		€ 13.247
Sponsorship payment Annual Conference	€ 17.500	Accountant	€ 5.500	
		Consultancy	€ 703	
		Office costs	€ 4.810	
		Website	€ 2.095	
		Meetings and travel	€ 139	
		Taks		
SIG refunds	€ 531	Annual report		
		Association management		
		Podcast		
		Horizon2020 application		
		Special Interest Groups		€ 7.357
		Mobility	€ 3.000	
		Occupation	€ 1.932	
		Communication & Swallowing	€ 1.270	
		Autonomy	€ 1.155	
		Other		€ 7.957
		Other	€ 7.957	
		Grants		€ 32.814
		DYMUS	€ 11.350	
		Fellowship	€ 2.651	
		Cognitive Motor Interference	€ 7.500	
		Life Balance	€ 11.313	
		Conferences		€ 1.769
		Awards	€ 1.500	
		Booth and transport	€ 269	
		Projects		€ 89.502
		Cognitive Motor Interference	€ 2.670	
		Applying Evidence with Confidence	€ 86.832	
TOTAL	€ 36.024	TOTAL	€ 152.646	

RESULT 2017 € 116.621

RIMS BALANCE 2017

DEBIT		CREDIT	
Fixed assets	€ -	Equity	€ 71.072
Non-current assets	€ -	Current liabilities	€ 127.364
Current assets	€ 198.436	SIGs	€ 10.600
Bank account 31-12-17 BE32001504450802	€ 116.587	Mobility 2017	€ 10.600
Savings account 31-12-17 BE76047051101195	€ 81.827	Projects	€ 40.000
Surplus RIMS 2017	€ 23.849	Applying Evidence with Confidence	€ 40.000
Sponsorship SIG Mobility 2017	€ 9.000	Executive board	€ 55.351
		Association management	€ 55.351
		RIMS grants	€ 3.913
		2014 Sexuality review	€ 3.913
		Sponsorship payment Annual Conference	€ 17.500
		to be returned towards 2018 Annual Meeting	€ 17.500
		Non-current liabilities	€ -
TOTAL	€ 198.436	TOTAL	€ 198.436

Why become a Member of RIMS?



Annual Conference 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** 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 RIMS annual conference. The SIG's also organise professional annual in-between workshops, which are supported financially by RIMS. For SIG in-between workshops, the member centres' professionals are offered one free hotel night and free meals for such occasions.



Make use of the RIMS Grant

RIMS offers a **Grant Programme** to support multi-centre studies, a shared best practice network, or a SIG project. RIMS supports one grant annually, with a sum of max €15 000.



Get access to privileged information

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 European professionals, preferably non-doctors, 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



25€
STUDENT
Annual Membership Fee

100€
INDIVIDUAL
Annual Membership Fee

400€
CENTRE
Annual Membership Fee

The annual membership fee 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.

IMPORTANT: Always mention your Membership ID and name or institution when paying via bank transfer.

All members need to create an online account on the RIMS website. Bank transfer payment of Membership fees is preferred.

Pay Online

Visit us at our website at www.eurims.org/administration/how-to-join.html

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

Pay Offline (via Bank transfer)

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



**CONNECT
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