

Enhancing Participation, Activity and Autonomy of People with Multiple Sclerosis.

Activity Report

2025



RiMS

INTERNATIONAL NETWORK FOR
BEST PRACTICE AND RESEARCH IN
MULTIPLE SCLEROSIS REHABILITATION

Enhancing
participation,
activity and
autonomy
of people with
multiple sclerosis.

REHABILITATION IN
MULTIPLE SCLEROSIS



RiMS

RiMS 2025 Activity Report

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A Message from the President

Dear RiMS Members, Colleagues, and Friends,

As we gather in Prague for our Annual Conference, I would like to warmly welcome you all and take a moment to reflect on this important milestone. For me personally, this meeting represents the conclusion of my term as President of RiMS—a journey that has been both deeply rewarding and highly motivating.

Over the past year, RiMS has continued a path of significant growth and transformation. In 2025, we further strengthened our governance structure, including the integration of the Patient Advisory Board, reinforcing our commitment to embedding the perspective of people with multiple sclerosis into all aspects of our work.

A key milestone of this year has been the strong presence of RiMS within the joint ECTRIMS 2025, where the 30th RiMS Conference was co-convened within the largest global MS scientific meeting, bringing together over 9,000 participants and further consolidating the integration of rehabilitation within the broader MS research agenda.

At the same time, RiMS has strengthened its positioning at the European level through active participation in strategic EU-funded projects such as **GESTUS** and **TEN4CARE**, while continuing to expand its scientific and educational activities. Our Special Interest Groups and webinar series have become increasingly central to our community, fostering collaboration, knowledge exchange, and innovation across disciplines.

Importantly, our strategic partnerships with key international stakeholders—including EMSP and ECTRIMS—as well as our involvement in the PROMS Global Initiative, have further consolidated RiMS as an international reference network (a memorandum of understanding with LACTRIMS will be finalised by the end of the current year) in the field of rehabilitation in multiple sclerosis and beyond.

All of this has been possible thanks to your commitment—our members, the Executive Board, and all delegates. Serving as President of RiMS has been a true honour and a genuine pleasure, and I am deeply grateful for your trust, support, and shared vision.

Looking ahead, it is with great confidence and enthusiasm that I welcome our new President, Professor Roshan das Nair. I wish him every success in leading RiMS into its next phase of development.

I very much look forward to seeing many of you in Prague, sharing this moment together, and celebrating what we have achieved as a community.

Warm regards,



Giampaolo Brichetto
President, RiMS





About RiMS

RiMS is the international network for best practice and research in Multiple Sclerosis rehabilitation. We bring together healthcare professionals, researchers, MS rehabilitation centres, patient organisations and other stakeholders to enhance activity, participation, and autonomy for people living with Multiple Sclerosis.

➤ OUR VISION

We envision a future where all people with Multiple Sclerosis have timely access to high-quality, evidence-based rehabilitation that is tailored to their individual needs. Rehabilitation is a personalised process of learning and adaptation that empowers individuals with Multiple Sclerosis to maximise independence, participation, and overall quality of life. Through shared expertise and commitment, we strive to ensure these opportunities are available to everyone who needs them.

➤ OUR MISSION

Our mission is to develop and promote evidence-based rehabilitation that enables people with Multiple Sclerosis to live full, active, and independent lives. We aim to raise the profile of Multiple Sclerosis rehabilitation, deepen understanding of its importance at every stage of the condition, and encourage strong collaboration between researchers and clinicians. By doing so, we generate new evidence, support proven practices, and help professionals integrate the latest knowledge into daily care.



Scan here for more information about us
www.rehabinms.org/about-us

The Executive Board 2023-2026

RiMS is led by an Executive Board, the driving force behind the network's vision and activities. In line with the by-laws, the Board is made up of eight elected officers who bring diverse expertise and perspectives to the table. Among them are the President, the Secretary, and the Treasurer, each playing a key role in shaping the strategy, ensuring transparency, and managing resources responsibly. Working together, the Executive Board steers RiMS forward, fostering collaboration, innovation, and growth for the entire community.



Giampaolo Brichetto
President
Rehabilitation Physician
MD-PhD, Genova (IT)



Roshan das Nair
Vice-President &
Membership Officer
Clinical Psychologist
Nottingham (UK)
and Trondheim (NO)



Anders Skjerbaek
Treasurer & Education Officer
Physiotherapist
MSc, Ry and Haslev (DK)



Letizia Leocani
Industry Liaison
Neurologist
MD-PhD, Milan (IT)



Lousin Moundjian
SIG Officer
Physiotherapist
Brussels (BE)



Jana Pöttgen
Fellowship Officer
Psychologist
Hamburg (DE)



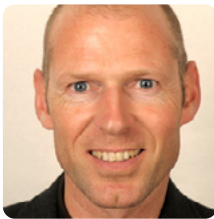
Griet Gysemberg
RiGra Officer
Rehabilitation Physician
MD, Hasselt (BE)



Lars Hvid
Communication Officer
Exercise Physiologist
Aarhus (DK)

Advisory Board

The Advisory Board is composed of founding members, past RiMS presidents, and some key stakeholders who have supported RiMS. With their experience and long-standing commitment, they provide valuable guidance and insight to the Executive Board. Acting as trusted advisors, they support decision-making, share perspectives from the network's origins, and help ensure continuity and stability. Their role is to assist the leadership in navigating challenges and opportunities, while keeping the vision and values of RiMS at the heart of its development.



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
Bernier Klinik Montana (CH)



Dr. Anne Helme
MS International Federation (UK)



Mr. Herbert Temmes
European MS Platform (DE)



Mrs. Clare Walton
MS Society (UK)



Prof. Daphne Kos
National MS Centre Melsbroek
& KU Leuven (BE)

RiMS Members in 2025



RiMS members include centres, organisations, groups, or individuals such as students, researchers, educators, and health and social care professionals. In 2025, the network comprised 31 Centre Memberships, 60 Individual Memberships, 351 Individual Memberships by affiliation and 35 Student Memberships, with members based across Europe and beyond.

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

↳ RiMS CENTRE MEMBERS

- * A.I.S.M. Italian Multiple Sclerosis Association
- * Aarhus University
- * Amsterdam UMC, Locatie AMC
- * Asociación De Esclerosis Multiple De Bizkaia (Adembi)
- * Catholic University Of The Sacred Heart
- * Centre D'esclerosi Múltiple De Catalunya (Cemcat)
- * Clinica Hildebrand
- * Domov Sv. Josefa
- * Don Gnocchi Foundation - IRCCS Centro S. Maria Nascente
- * Fundació Esclerosi Múltiple
- * Hasselt University
- * Helse Bergen
- * Istituto Neurologico "Carlo Besta" | Fondazione IRCCS
- * Italian Auxological Institute San Luca Hospital
- * Izmir University Of Economics
- * KU Leuven
- * Maskun Neurologinen Kuntoutuskeskus
- * MS Center Hakadal AS
- * MS Ireland
- * National MS Center Melsbroek
- * Nord University
- * Pontifical Catholic University Of Rio Grande Do Sul
- * Reha Rheinfelden
- * Rehabilitation And MS Center Overpelt
- * Schweizerische Multiple Sklerose Gesellschaft
- * Sclerosehospitalet Haslev
- * SM Spółka Z O. O. Centrum Rehabilitacji SM
- * UKD | University Hospital Dresden 'Carl Gustav Carus'
- * University Medical Center Groningen
- * University Medical Center Hamburg-Eppendorf
- * University Of Ferrara



Scan here for more information about
the RiMS Members

Our Partners



The Consortium of Multiple Sclerosis Centers (CMSC), founded in 1986, is a multidisciplinary, member-driven organisation focused on enhancing the standard of care for people living with Multiple Sclerosis.

With more than 250 member centres across North America and over 12,000 healthcare professionals – including neurologists, nurses, therapists, psychologists, and social workers – CMSC promotes clinical excellence through leadership in research, education, advocacy, and knowledge sharing.

For more information, please visit www.mscares.org



ECTRIMS is the world's largest professional organisation dedicated to advancing the understanding and treatment of Multiple Sclerosis through rigorous scientific exchange. Its signature is the annual ECTRIMS Congress, a leading international forum for researchers and clinicians to share cutting-edge MS findings. ECTRIMS also funds fellowships, supports collaborative multicentre research, and plays a key role in shaping clinical practice guidelines across Europe. 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 organisation representing national MS societies from across Europe. Its mission is to ensure the voice of people affected by MS is heard, to drive advocacy and awareness, and to work towards high-quality equitable care and research. EMSP leads key initiatives to improve the quality of life for people living with MS through policy influence, education, data collection (like the MS Barometer), and cross-border projects.

For more information, please visit www.emsp.org



The International Journal of MS Care (IJMSC) is the official peer-reviewed publication of the Consortium of Multiple Sclerosis Centers (CMSC) and leading MS nursing organisations. It focuses on the comprehensive management of MS and related disorders, publishing high-quality articles on clinical care, rehabilitation, psychosocial issues, and innovations in MS management. IJMSC serves as an essential resource for healthcare professionals involved in MS care, delivering evidence-based insights and practical guidance to enhance patient outcomes.

For more information, please visit www.ijmsc.org



The Latin American Committee for Treatment and Research in Multiple Sclerosis (LACTRIMS) is an international, non-profit scientific civil association whose main objective is to generate, disseminate and apply knowledge about multiple sclerosis with the ultimate goal of providing patients who suffer from it with a better quality of life. To achieve its purpose, LACTRIMS develops Research, Teaching and Dissemination of knowledge projects in Latin America and the Caribbean.

For more information, please visit www.lactrimsweb.org



The Multiple Sclerosis International Federation (MSIF) is a unique global network of MS organisations, individuals, and healthcare experts working together to improve the lives of people affected by MS worldwide. MSIF drives international collaboration in research, advocacy, and awareness, aiming to find effective treatments and ultimately a cure. Through initiatives like the Atlas of MS, campaigns for access to treatment, and global education efforts, MSIF plays a crucial role in uniting and amplifying the global MS community.

For more information, please visit www.msif.org



Multiple Sclerosis Journal (MSJ) is a leading peer-reviewed international journal published by SAGE. It covers clinical and translational research on MS and related disorders—including diagnostics and biomarkers, neuroimaging, rehabilitation and psychosocial care, epidemiology and health services, and trials and therapeutics. MSJ publishes original studies, authoritative reviews, and expert perspectives to keep clinicians and scientists up to date with advances in MS science and care.

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



The World Federation for NeuroRehabilitation (WFNR) is a global multidisciplinary organisation dedicated to advancing the field of neurorehabilitation. Bringing together healthcare professionals, researchers, and patient organisations, WFNR fosters collaboration to improve neurorehabilitation practices and patient outcomes worldwide. Through its congresses, educational resources, special interest groups, and international guidelines, WFNR promotes innovation and the dissemination of knowledge across all areas of neurological recovery.

For more information, please visit www.wfnr.co.uk



➤ MS NURSE PRO 2025

Within the multidisciplinary team, MS nurses have a key central role in the care and support for people living with multiple sclerosis (PwMS) 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.

At the heart of MS Nurse PRO is a suite of seven accredited e-learning courses, each designed to provide a thorough grounding in both clinical knowledge and practical nursing skills. The programme allows nurses to learn at their own pace, offering flexibility that fits around busy professional schedules.

The courses include testimonials from 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 +1800 active members, +300 new members every year across the world, +450 accredited e-learning courses completed each year, +300 participants yearly in live educational events. MS Nurse PRO is endorsed in 17 European countries and Japan, representing 2,6 million people with MS worldwide.

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 aims to work together with European MS nurses to contribute to better, higher-quality care and support for PwMS and their families.

- * **Piet Eelen** - Chair Scientific Committee
- * **Dominika Czarnota-Szałkowska** – Chair Steering Committee

➤ OUR ACCREDITED E-LEARNING COURSES

-  1. Understanding Multiple Sclerosis
-  2. Clinical Presentation of Multiple Sclerosis
-  3. Diagnosing and Assessing Multiple Sclerosis
-  4. Treating Multiple Sclerosis
-  5. Care and Support
-  6. Rehabilitation in Multiple Sclerosis
-  7. Research in MS Nursing Practice



Join MS Nurse PRO today.
www.msnursepro.org



Special Interest Groups (SIG)

The Executive Board of RiMS has established several Special Interest Groups (SIGs) to advance rehabilitation research and practice for people living with Multiple Sclerosis. Each SIG brings together professionals, researchers, and clinicians to collaborate on specific topics, stimulate evidence-based rehabilitation, and support people with Multiple Sclerosis and their caregivers.

SIGs are guided by appointed chairs and co-chairs, and benefit from the collective expertise of their members. These groups meet annually at the RiMS Conference and are encouraged to hold interim workshops throughout the year. Active SIGs also receive financial support from RiMS to foster their initiatives.

By creating a space for shared knowledge, innovative thinking, and cross-disciplinary collaboration, the SIGs play a vital role in translating research into practice and in addressing the diverse challenges faced by people with Multiple Sclerosis. They also serve as dynamic networks where professionals can exchange ideas, strengthen partnerships, and develop new approaches that truly make a difference.

Currently, RiMS supports six active SIGs, each dedicated to a key aspect of rehabilitation:

- MOBILITY
- BLADDER, BOWEL & SEXUALITY
- PATIENT AUTONOMY
- OCCUPATION
- MOOD & COGNITION
- COMMUNICATION & SWALLOWING



Scan here for more information about our SIGs
www.rehabinms.org/interest-groups

SIG Report Mobility



Ludovico Pedullà,
Chair, Italy



Ellen Christin Arntzen,
Co-chair, Norway

▸ ABOUT US

The Special Interest Group (SIG) on Mobility is an initiative within RiMS that unites healthcare professionals and researchers to enhance mobility outcomes for people with Multiple Sclerosis (PwMS). Founded on a commitment to evidence-based rehabilitation, this group fosters innovation through regular meetings, multidisciplinary collaboration, and active knowledge exchange. With a strong focus on clinical impact, SIG Mobility plays a key role in shaping practices and policies related to mobility in Multiple Sclerosis care across Europe and beyond.

▸ SIG IN-BETWEEN MEETING

Bridging Technology and Clinical Practice: A Collaborative Path to Personalised MS Rehabilitation

MAY 23-24, 2025 | CAGLIARI, ITALY

About 45 MS healthcare professionals and researchers (neurologists, physiatrists, engineers, and sports scientists) attended the in-between meeting.

The first day was dedicated to keynote lectures and free communications focusing on bridging technology and clinical practice. Keynotes by Prof. Eleonora Cocco and Dr. Elisa Gervasoni explored the role of technology in assessing motor function, while Prof. Susan Coote and Prof. Britt Normann discussed tele-rehabilitation and integrating digital health with hands-on therapy. Free communications enriched the programme with research on virtual reality, AI-based monitoring, and wearable sensors. Discussions emphasised using portable imaging like fNIRS and EEG to better understand neuroplasticity and ecological mobility in PwMS.

The second day featured hands-on workshops with a strong experiential focus. Outdoor sessions at Poetto beach and the Devil's Saddle included trekking and Nordic walking to promote physical activity in natural environments and highlight the added value of linking rehabilitation practices to the local territory. Indoor workshops compared laboratory and ecological mobility assessments, fostering the transfer of research into clinical practice.

The meeting successfully strengthened SIG Mobility as an international platform for integrating research, technology, and rehabilitation, fostering collaboration to improve mobility management in people with MS.

▸ SIG MEETING

Multi-centric studies in rehabilitation: challenges & opportunities

SEP. 24, 2025 | BARCELONA, SPAIN

Approximately 60 MS health professionals (HPs) and researchers (neurologists, physiotherapists, rehabilitation physicians, and sports scientists) participated in the SIG Mobility meeting held during ECTRIMS-RiMS 2025.

The aim of the meeting was to explore strategies for developing and scaling multidisciplinary rehabilitation research in multiple sclerosis, focusing on collaboration, inclusivity, and real-world impact.

After a short introduction, three expert lectures were delivered. First, Dr. Alon Kalron shared insights on the transition from concept to consortium, reflecting on the methodological and organisational challenges of multicentre studies. This was followed by Prof. Peter Feys, who addressed moving from silos to synergy by emphasising the importance of building multi-stakeholder partnerships across different institutions and sectors. In the third lecture, Dr. Ellen Christin Arntzen discussed approaches to ensure no patient is left behind, highlighting the need for accessible research and rehabilitation in underserved and rural communities.

The session concluded with an interactive roundtable moderated by Ludovico Pedullà. This discussion allowed speakers and participants to reflect on common barriers to collaborative research and identify future priorities for the network. The meeting was well received, with attendees appreciating the opportunity to share perspectives on advancing inclusive and impactful rehabilitation models for people with multiple sclerosis.



➤ ONGOING PROJECT(S)

Hearts: Physical Activity Factors Among People Living with Multiple Sclerosis

This global study, coordinated by RiMS, investigates self-reported physical activity levels in people with MS across different disability levels and countries within and beyond Europe, while examining key contextual factors such as living environment, work activity, and individual motivation.

In 2025, major milestones were achieved, including the finalisation and signing of a Memorandum of Agreement among all partners, regulating data collection, sharing procedures, and broader legal and scientific aspects of the project. Data collection has been completed in most participating countries.

Future phases are currently being planned, with a focus on data analysis and the establishment of dedicated working groups to address the core research questions. Findings from the study are expected to support health professionals in designing tailored, realistic, and effective physical activity programmes for people with MS.

➤ FUTURE PLANS | WEBINAR

SIG Mobility will continue to promote collaborative initiatives aimed at fostering cross-fertilisation among disciplines and communities involved in MS rehabilitation, with a focus on integrating mobility, cognition, and psychosocial dimensions.

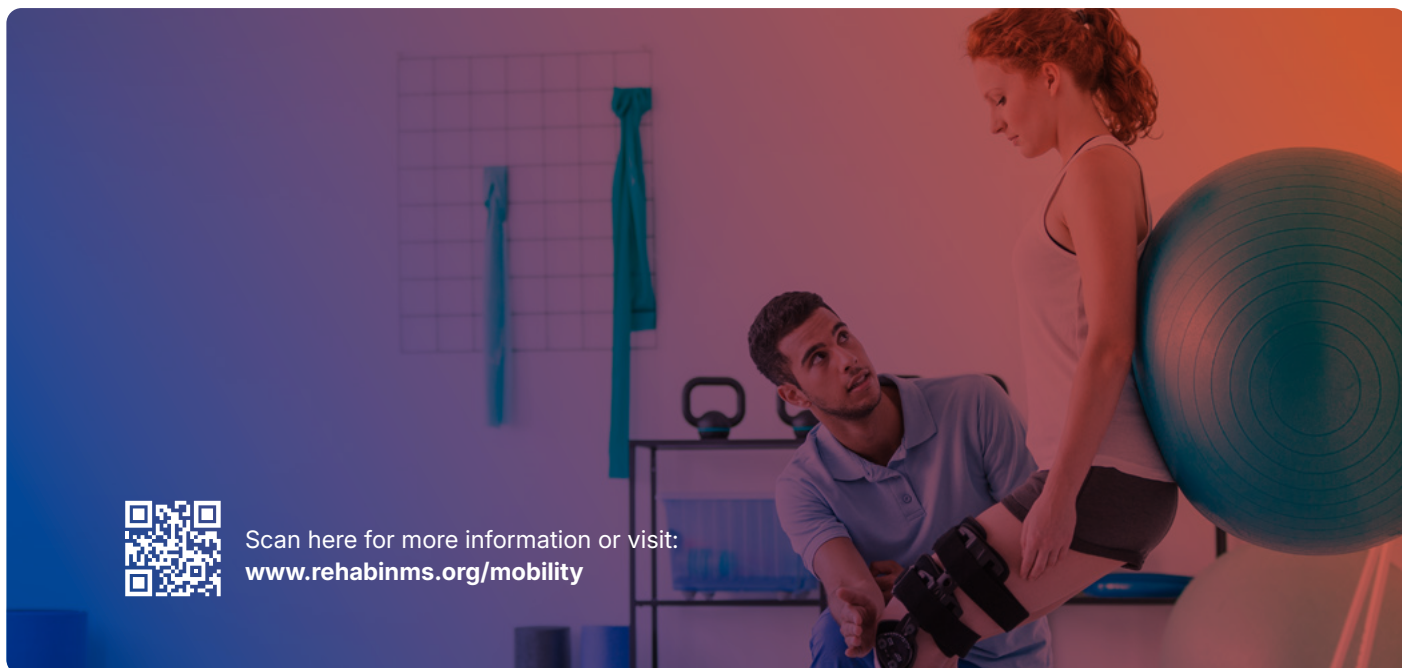
Planned activities include a joint workshop between SIG Mobility and the Mood & Cognition SIG at the RiMS 2026 Congress in Prague, designed to encourage interdisciplinary dialogue and shared research perspectives. In addition, a hybrid session in collaboration with the International Symposium on Gait and Balance in MS will be organised during the 2026 SIG Mobility in-between meeting in Bodø, further strengthening links between research communities and facilitating knowledge exchange across networks.

These initiatives aim to support the development of integrated, multidisciplinary approaches and to consolidate international collaboration within the field of MS rehabilitation.

➤ SPONSORS OF THE IN-BETWEEN MEETING



Scan here for more information or visit:
www.rehabinms.org/mobility



SIG Report Bladder, Bowel & Sexuality



Corinne Oosterlinck,
Chair, Belgium



Edyta Matusik,
Co-chair, Poland

▸ ABOUT US

The Special Interest Group (SIG) on Bladder, Bowel & Sexuality is committed to advancing evidence-based care for people with Multiple Sclerosis (PwMS) who experience urological, bowel, or sexual dysfunctions.

Through collaborative research, shared expertise, and international exchange, the SIG strives to raise awareness, improve clinical practices, and encourage innovation in this often underrepresented area of Multiple Sclerosis care.



Scan here for more information or visit:
www.rehabinms.org/bbs



➤ SIG MEETING

Innovations in the Management of Pelvic and Bowel Disorders in MS: Key Insights from ECTRIMS

SEP. 25, 2025 | ECTRIMS 2025 – BARCELONA, SPAIN

During the ECTRIMS Congress in Barcelona, an expert meeting organised in close collaboration with Coloplast provided a vital update on clinical advancements aimed at improving patient quality of life. The session opened with a compelling perspective from Noreen Barker, who shared her lived experience with MS bladder and bowel symptoms from a nursing professional's point of view.

Dr. Jalesh Panicker and Klaus Krogh detailed the current therapeutic landscape, emphasising a progressive approach to care. For bladder management, strategies range from behavioural modifications and pharmacological treatments to intermittent self-catheterisation, which remains the “gold standard” for safe bladder emptying. Regarding bowel health, the experts highlighted the importance of transit management through fibre and laxatives, while noting the high effectiveness of Transanal Irrigation (TAI) in restoring autonomy for patients facing severe constipation or faecal incontinence.

A significant highlight of the meeting was the introduction of the “MS Bladder Check.” This scientifically validated screening tool is a game-changer, allowing for the rapid identification of red flags such as urgency, nocturia, and recurrent infections. Its clear scoring system empowers healthcare providers to determine the most appropriate follow-up, while simultaneously breaking the taboo by making it easier for patients to initiate these sensitive conversations.

Looking toward future diagnostics, Professor Krogh observed that while bladder assessment now benefits from standardised tools, bowel evaluation has historically lagged behind. To address this gap, ongoing work is focused on developing a standardised diagnostic tool specific to MS, aiming to provide the same level of precision for bowel symptoms as the MS Bladder Check does for urinary issues.

In conclusion, this meeting underscored the necessity of a proactive management model. By moving away from a reactive approach that waits for complications to occur, the focus shifts toward early screening and intervention at the first signs of dysfunction to preserve patient independence.

➤ FUTURE PLANS | IN-BETWEEN MEETING

The next in-between meeting is scheduled for 13–14 March 2026, jointly with SIG Occupational therapy. The meeting will be locally hosted by the Danish Sclerosis Hospital in Haslev. The title of the meeting is “**Bridging disciplines – Collaborating work to enhance well-being and participation in persons with MS**”.

SIG Report Patient Autonomy



Anne Christin Rahn,
Chair, Germany



Andrea Giordano,
Co-chair, Italy

▸ ABOUT US

The Special Interest Group (SIG) Patient Autonomy is dedicated to enhancing the role of people with Multiple Sclerosis (PwMS) in making informed decisions about their health. Our work centres around shared decision-making (SDM), evidence-based patient information (EBPI), and supporting self-management strategies.

By fostering international collaboration and promoting tools to support patient autonomy, we aim to ensure that individuals with MS are not only informed but empowered participants in their care journey.

▸ SIG MEETING

Update on current projects and a discussion about the future of our SIG

SEP. 25, 2025 | ECTRIMS 2025 – BARCELONA, SPAIN

Around 20 MS health professionals and researchers participated in the meeting organised by the SIG Patient Autonomy. The goal was to review ongoing projects and define the future directions of the SIG.

The first part of the meeting provided updates on current initiatives. Dr. Paper reported that the NIPS project (see ongoing project for details) on the needs of people with primary progressive multiple sclerosis has completed its scoping review, which is now submitted for publication. The MoMS project (see ongoing project for details) on motherhood choices also continues, with an international survey launching soon to assess pregnancy-related concerns.

Dr. Marck presented the SAFE-MS study, which examines clinical barriers in identifying violence experienced by people with multiple sclerosis, following a poster presentation of preliminary findings at ECTRIMS. Dr. Heesen then addressed social deprivation, highlighting the underrepresentation of underserved groups in research and the need for tailored, internet-based interventions to improve their access to care.

In the second part, participants discussed shifting the SIG's focus from autonomy to empowerment to better reflect the group's evolving goals. The meeting was highly productive, with members appreciating the chance to contribute to these essential social and clinical initiatives.

▸ ONGOING PROJECT

The NIPS project (Needs of people with primary progressive MS – RiGra project)

The NIPS project is an international collaborative initiative that aims to explore the needs of people with primary progressive MS (PwPPMS). Supported by the RiMS Grant Programme 2020, the project is being conducted in three phases. The first phase consisted of a scoping review of the needs, experiences, and knowledge of PwPPMS. The second phase involved a qualitative study with PwPPMS and healthcare professionals to identify specific needs in daily life and care. The ongoing third phase is a cross-cultural online survey designed to gather insights from healthcare professionals to achieve a deeper understanding of the challenges and unmet needs of PwPPMS.

The collaboration network includes several leading European institutions: Fondazione IRCCS Istituto Neurologico Carlo Besta in Milan, the Nursing Research Unit of the University of Lübeck, the Institute for Neuroimmunology and Multiple Sclerosis at the University Medical Centre Hamburg-Eppendorf, the School of Health Sciences at the University of Galway, the Multiple Sclerosis Centre of Catalonia (Cemcat) at Vall d'Hebron University Hospital in Barcelona, the Department of Neurology and Centre of Clinical Neuroscience at Charles University in Prague, and the Department of Health Services Research at Carl von Ossietzky University Oldenburg.



➤ ONGOING PROJECT

The MoMS project (Motherhood choice in MS)

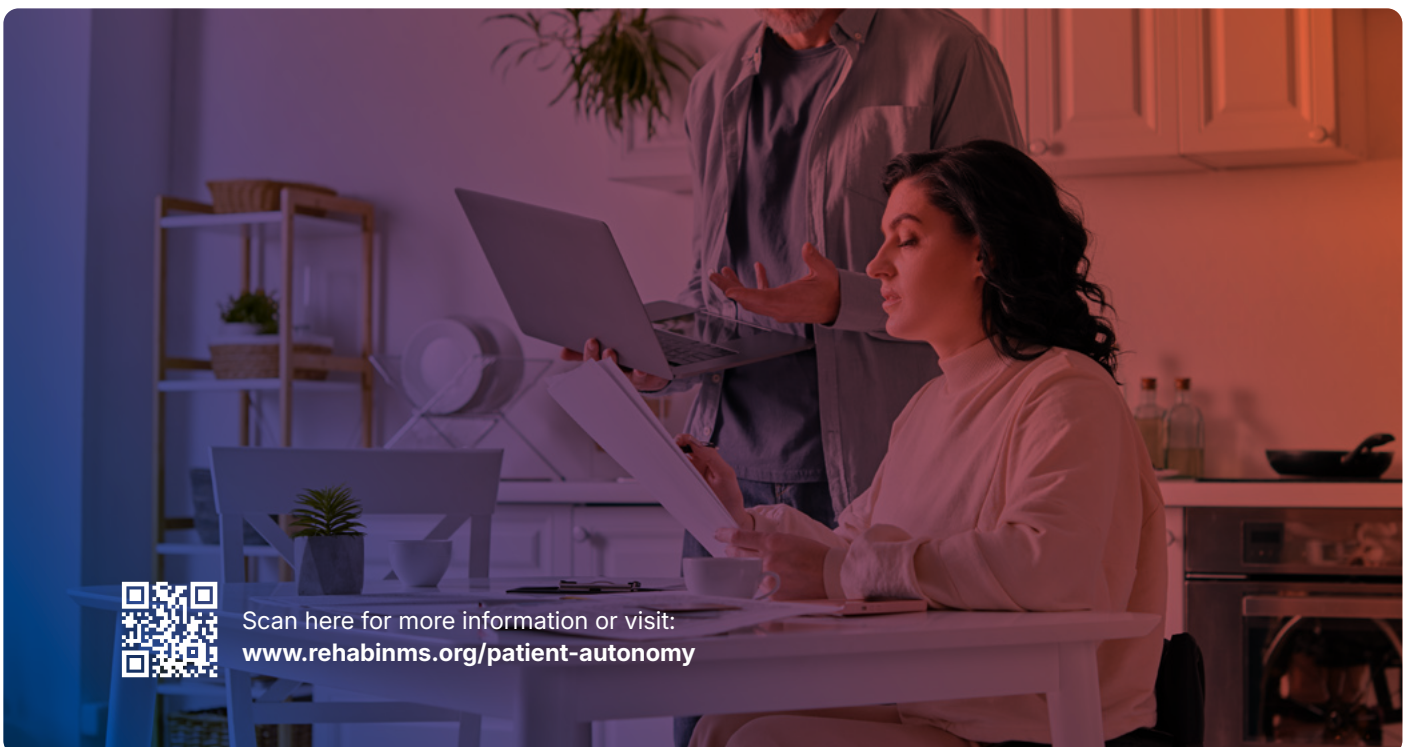
The MoMS project focuses on exploring knowledge and information needs regarding pregnancy and motherhood decisions among people with MS. This collaborative effort brings together several key partners. The project is coordinated by Professor Rahn at the Nursing Research Unit, Institute for Social Medicine and Epidemiology, University of Lübeck. Other partners include Christoph Heesen at the University Medical Center Hamburg-Eppendorf; Andrea Giordano at the Fondazione IRCCS Istituto Neurologico C. Besta in Milan; Ingrid Galan, Miguel Ángel Robles Sánchez, and Edwin Roger Meza Murillo at the MS Centre of Catalonia (Cemcat), Vall Hebron Barcelona Hospital Campus; and Klara Novotna at the MS Centre, Department of Neurology and Centre of Clinical Neuroscience, First Faculty of Medicine, Charles University and General University Hospital in Prague.

➤ FUTURE PLANS | WEBINAR

Behaviour change interventions in MS

Looking ahead, our SIG proposes to organise a RIMS webinar on the topic of behaviour change interventions in MS. Two complementary speakers have been identified to address this theme from different perspectives: Claudia Marck from Australia, who will focus on patient-centred approaches to behaviour change, and Karin Riemann-Lorenz from Germany, who will discuss evidence-based strategies and clinical implementation.

The future of the SIG Patient Autonomy will continue to be shaped by ongoing projects such as NIPS and MoMS. Building on these collaborative efforts, the group will work to further strengthen research, clinical practice, and patient empowerment in MS rehabilitation.



Scan here for more information or visit:
www.rehabinms.org/patient-autonomy

SIG Report Occupation



Inger Grethe Loyning,
Chair, Norway



Sofie Ferdinand,
Co-chair, Belgium

▸ ABOUT US

The Special Interest Group (SIG) on Occupation is a European network of occupational therapists focused on improving the participation and quality of life of people with Multiple Sclerosis (PwMS).

Launched in 1995, this SIG connects clinicians, researchers, and educators to exchange knowledge and collaborate on evidence-based occupational therapy. Through regular meetings and shared projects, the group fosters innovation and strengthens Multiple Sclerosis rehabilitation across Europe.

▸ SIG MEETING & ACTIVITIES

Update on ongoing projects

SEP. 25, 2025 | ECTRIMS 2025 – BARCELONA, SPAIN

Early in 2025, our group contributed to a RiMS webinar on Occupational Therapy in MS. The preliminary results of the ongoing OTiMS project (see ongoing projects for details) were presented.

In July, the SIG collaborated again with the OTiMS project to host a second webinar. At this event the project's final results were presented, and we had an interactive component that allowed participants to share their thoughts on barriers and facilitators for implementing evidence into clinical practice.

To help us organise SIG meetings that are relevant, accessible and possible for our members to join, we conducted a member survey to learn about factors important and relevant regarding participating to SIG in-between meetings. Overall, the survey supports continued organisation of face-to-face meetings, complemented by hybrid solutions to reduce barriers to participation. Time constraints and financial limitations were identified as the main barriers.

Key motivations for attending meetings included: professional relevance for clinical practice and/or research, networking opportunities, and involvement in SIG-related projects. The meeting is regarded as an arena for sharing clinical and research work.

During the ECTRIMS Congress in Barcelona, Spain, in September, we had a two-hour meeting. The programme included an update and future plans for the OTiMS project by Daphne Kos and Ashley Boers, a presentation by Marcia Finlayson on an ongoing Canadian project: MS Rehabilitation ECHO Curriculum, and results from a Norwegian quality improvement project evaluating the effectiveness of inpatient rehabilitation service by Inger Løyning. We also presented the results of the above-described membership survey on participation in SIG meetings.



➤ ONGOING PROJECT

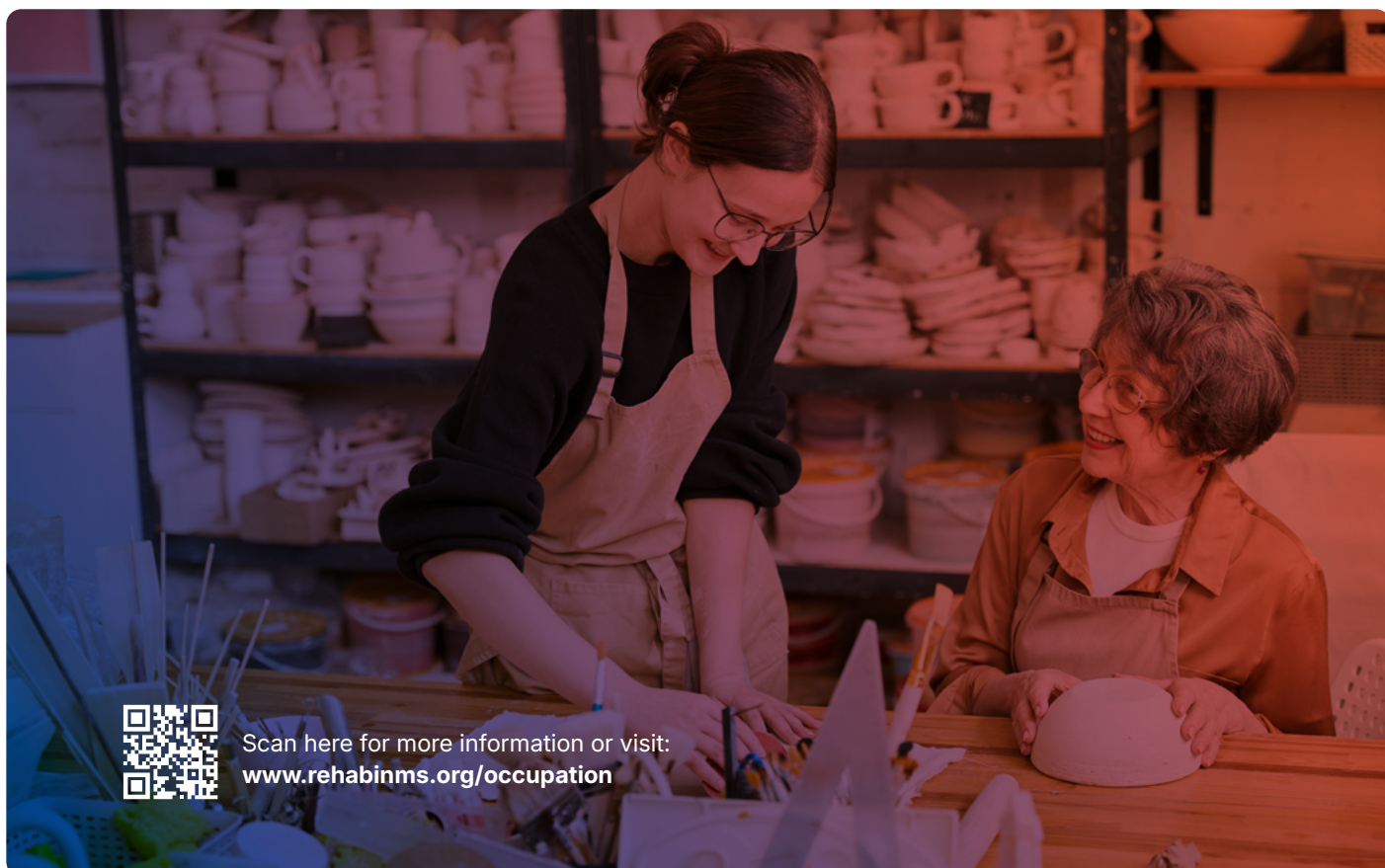
Evidence-based Occupational Therapy in Multiple Sclerosis: Theory and Practice (OTiMS) – A Cochrane Project

The OTiMS project aims to build a comprehensive picture of the evidence base for occupational therapy in MS and its quality. Its goals are to provide timely recommendations for both research and practice, and to develop effective methods for implementing evidence in clinical settings. The project team includes Daphne Kos, Isaline Eijssen, Sinéad Hynes, Tryde Bekkering, Marja Koen, Leen De Coninck, Ciara O'Meara, and Jennifer Freeman. SIG Occupation's role in the project is to serve as a platform to disseminate the survey among occupational therapists, provide feedback on the results, and suggest ideas for implementing the evidence in clinical settings.

➤ FUTURE PLANS | WEBINAR

The next in-between meeting is scheduled for 13–14 March 2026, jointly with SIG Bladder, Bowel, and Sexuality. The meeting will be locally hosted by the Danish Sclerosis Hospital in Haslev. The title of the meeting is :

"Bridging disciplines – Collaborating work to enhance well-being and participation in persons with MS".



Scan here for more information or visit:
www.rehabinms.org/occupation

SIG Report Mood & Cognition



Jessica Podda,
Chair, Italy



Blanca De Dios Pérez,
Co-chair, United Kingdom

▸ SIG MEETING

Mind, Body, and Function: New Directions in MS Care

SEP. 25, 2025 | ECTRIMS 2025 – BARCELONA, SPAIN

The workshop brought together researchers and clinicians to explore emerging perspectives on integrated care in MS, with a particular focus on the interplay between psychological, physical, and functional domains. The scientific programme featured three presentations:

- C. Gualco (Italian Multiple Sclerosis Foundation, Genoa, Italy) discussed current initiatives from the Italian Multiple Sclerosis Foundation, highlighting approaches aimed at improving patient-centred care within the vocational rehabilitation.
- M. Yu (Melbourne School of Population and Global Health, Melbourne, Australia), focused her presentation on population-level perspectives and the relevance of integrating psychosocial and functional outcomes.
- Prof. M. Bassolino (Institute of Health, Sion, Switzerland; The Sense Innovation & Research Center, Sion and Lausanne, Switzerland) illustrated innovative approaches to understanding the relationship between body perception, cognition, and functional performance in neurological populations (both stroke and MS).

The session fostered interdisciplinary discussion and emphasised the importance of holistic models of care addressing mood, cognition, and functional abilities in PwMS.

▸ ABOUT US

The Special Interest Group (SIG) Mood & Cognition is dedicated to enhancing the understanding, treatment, and integration of psychological and neuropsychological care in the rehabilitation of people with Multiple Sclerosis (PwMS).

By combining scientific research, clinical expertise, and cross-border collaboration, the SIG promotes evidence-based approaches to support the emotional and cognitive wellbeing of individuals living with Multiple Sclerosis. Its meetings encourage open dialogue, shared challenges, and mutual support among practitioners and researchers.

▸ ONGOING PROJECT

RiMS Grant Programme (RiGra) Project: Measuring Value in MS Rehabilitation: A Comprehensive Evaluation Framework (MVMR-CEF)

2025 - ONGOING

Principal Investigator: Blanca de Dios Perez
This project aims to improve the evaluation of MS rehabilitation by:

- Identifying key outcome domains and measures collected across European MS rehabilitation centres
- Developing a harmonised evaluation framework for MS rehabilitation
- Strengthening evidence-based practice across the MS rehabilitation field

RiMS Team:

Roshan das Nair (University of Nottingham, UK; SINTEF, NO); **Daphne Kos** (KU Leuven/ National MS Center Melsbroek, BE); **Jessica Podda** (NeuroBRITE Research Center, Italian Multiple Sclerosis Foundation, IT); **Lars Hvid** (The Danish MS Hospitals and Exercise Biology, Aarhus University, DK); **Päivi Hämäläinen** (Masku Neurological Rehabilitation Centre, FI); **Inger Løyning** (MS-Senteret Hakadal, NO); **Blanca De Dios Pérez** (University of Nottingham, UK)

State: data analysis



➤ ONGOING PROJECT

Improving the quality of randomised controlled trials in Vocational Rehabilitation (VR) and Neuropsychological Rehabilitation (NPR) for people with multiple sclerosis (MS).

2023 - ONGOING

Despite their recognised status as the gold standard for evaluating intervention effectiveness, traditional randomised controlled trial (RCT) designs may not always be ideal for complex interventions such as vocational rehabilitation (VR) and neuropsychological rehabilitation (NPR). To address this gap, the SIG is working to:

- Identify barriers and facilitators encountered by researchers and clinicians when conducting VR and NPR clinical trials.
- Develop tailored resources (e.g., training packages, guidelines) specifically for VR and NPR interventions.

State: Paper under review (IJMSC):
“Understanding the training needs in Europe for designing high-quality neuropsychology and vocational rehabilitation trials in multiple sclerosis”.

Authors:

Blanca De Dios Perez, Jessica Podda, Daphne Kos, Päivi Hämäläinen, Inger Løyning, Helen Ford, Helena Jidborg, Roshan das Nair.

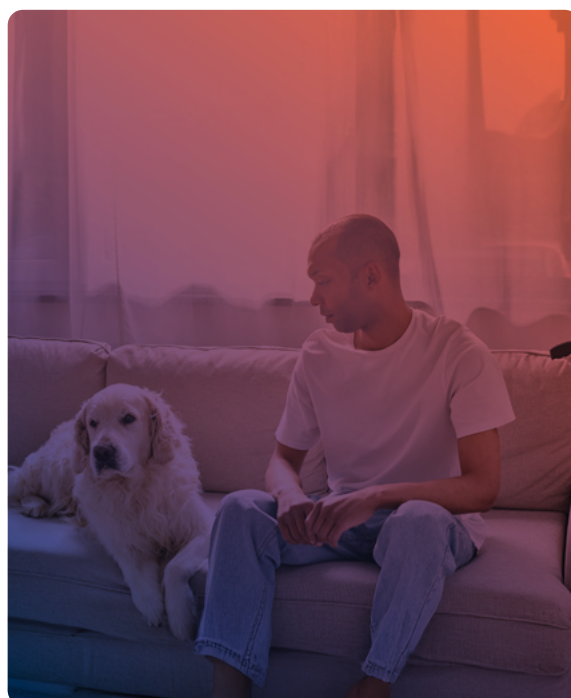


Scan here for more information or visit:
www.rehabinms.org/mood-cognition

➤ FUTURE PLANS | WEBINAR

Some ideas for Webinar:

1. Exploring Body Image (BI) in People with MS: adaptation and validation of the modified Body Image Scale (mBIS) and clinical predictors of BI in a sample of Italian PwMS
2. The use of VR exergaming in MS: preliminary results from a usability study
3. Social Assistive Robotics in MS: state of the art and evidence from a human-robot interaction study



SIG Report

Communication & Swallowing



Martha Ghijssels,
Chair, Belgium



Hans Bogaardt,
Co-chair, Australia

▸ ABOUT US

The Special Interest Group (SIG) Communication & Swallowing brings together speech and language therapists (SLTs) from across Europe, all with a shared commitment to advancing care for people with Multiple Sclerosis (PwMS).

The group focuses on the exchange of clinical experiences, development of shared assessment tools, and collaborative research on communication and swallowing disorders in Multiple Sclerosis. Through yearly face-to-face meetings and regular virtual contact, members foster a vibrant international network.

▸ SIG MEETING

The Challenge of Reliably Measuring Cognitive Change in Multiple Sclerosis (MS)

SEP. 25, 2025 | ECTRIMS 2025 – BARCELONA, SPAIN

During the meeting, Prof. Vicky Leavitt discussed the challenge of reliably measuring cognitive change in multiple sclerosis (MS). She highlighted a key problem with commonly used cognitive tests, such as the SDMT and PASAT: they often show improvement over time, even when patients are actually getting worse physically and experiencing brain atrophy. This apparent improvement is mainly due to practice effects, rather than because their cognition has truly improved. As a result, these measures may not accurately reflect real cognitive decline.

She explained that, traditionally, cognitive impairment in MS has been linked mostly to memory and verbal fluency deficits. However, more recent findings presented suggest that language, and especially word-finding difficulties, is a more sensitive and distinctive marker of early cognitive change. These difficulties are commonly reported by patients and are also associated with structural brain changes, such as cortical thinning. This supports the idea that language functions are particularly vulnerable in MS, in line with the “last-in, first-out” principle, where brain systems that develop later are more susceptible to damage.

The presentation then introduced a new approach focused on language-based assessment, including the LANG-MS study and the Language & Memory Test (LMT). The LMT is a short, digital test that combines motor, language, and memory components. The results showed that people with MS performed worse than healthy controls across these measures and demonstrated subtle but meaningful changes in language over time, including in spontaneous speech.

Finally, she emphasised that tools like the LMT are promising because they are quick, scalable, and can be used across different populations and settings. Overall, the key takeaway from the presentation is that current cognitive tests may be insufficient, and that language-focused, digital tools could offer a more accurate way to detect cognitive decline in MS, especially over shorter periods.



➤ ONGOING PROJECTS

Currently, there is a project on validating a tool in Finnish to assess pragmatic abilities in MS. The Test for Assessment of Pragmatic Abilities (APACS) was originally developed by Arcara and Valentini (2016) for assessing pragmatic abilities and its cognitive substrate in Italian. The tool has been and is being translated into multiple languages.

➤ FUTURE PLANS

The SIG Communication and Swallowing has plans to organise yearly visits to different MS centers in Europe to learn about different assessment and rehabilitation tools used in the different centers.



Scan here for more information or visit:
www.rehabinms.org/communication-swallowing



Our Other Activities

The Executive Board of RiMS (Rehabilitation in Multiple Sclerosis) has developed a wide range of activities that foster learning, innovation, and collaboration in the field of MS rehabilitation. These initiatives are designed to strengthen professional expertise, encourage knowledge exchange, and ultimately improve the quality of life of people living with Multiple Sclerosis and their caregivers.

Through live education such as annual conferences, workshops, and webinars, RiMS provides unique opportunities for professionals to come together, share experiences, and explore the latest developments in rehabilitation. Complementing these events, a comprehensive e-learning programme offers e-courses, podcasts, and recorded sessions that make expert knowledge accessible to members across the globe. RiMS also invests in research and professional development through its dedicated Grant Programme, supporting projects that advance rehabilitation science, and a Fellowship Programme, enabling young professionals to gain international experience and expertise. In addition, the network takes an active role in European collaborative projects, working with partners and Special Interest Groups to develop innovative approaches and ensure that research translates into practice.

By combining education, research support, and collaborative initiatives, RiMS creates a dynamic environment where clinicians, researchers, and allied professionals can grow, connect, and contribute to meaningful progress in MS rehabilitation.

- WEBINARS
- ANNUAL CONFERENCE
- WORKSHOP
- GRANT PROGRAMME
- FELLOWSHIP PROGRAMME
- PROJECTS & COLLABORATIVE RESEARCH

RiMS Webinars

348

Participants
in 2025

RiMS hosts an annual series of live webinars aimed at advancing MS rehabilitation education, providing access to expert insights and the chance to engage with prominent voices in the field. Recordings are subsequently accessible on the e-learning RiMS platform for members.

» WEBINAR

Occupational Therapy in Multiple Sclerosis: Implementing Evidence into Practice

FEB. 17, 2025

This webinar focused on translating scientific evidence into real-world clinical practice in occupational therapy for people with MS. Topics included synthesising current research, addressing implementation barriers, and deploying evidence-based interventions in rehabilitation.

SPEAKERS:

* **Daphne Kos,**

Professor in Master of Science in occupational therapy, KU Leuven and Scientific Research Rehabilitation Coordinator at National MS Center Melsbroek (BE)

* **Leen De Coninck,**

Lecturer in Master of Science in occupational therapy, KU Leuven and Methodological Expert Clinical Guideline Development, WOREL (BE)

» WEBINAR

Physical Activity: What Matters from the Patient's Perspective?

APR. 25, 2025 (JOINT WEBINAR WITH EMSP)

This session delved into how people with MS experience and perceive physical activity—from engaging in outdoor physiotherapy interventions to balancing movement with work life. These patient-centred insights help refine rehabilitation strategies to align with real-world needs and preferences.

SPEAKERS:

* **Stine Susanne Haakonsen Dahl,**

PhD Candidate, Nord University (NO)

* **Maria Grytvik Hartvedt,**

PhD Candidate, Nord University (NO)

* **Trishna Bharadia (Patient representative),**

Multi-award winning patient engagement consultant and advocate, and patron/ambassador for several MS- and disability-related organisations (UK)

» WEBINAR

Digital Tools in MS Rehabilitation: Implications for Clinical Use and Research

MAR. 18, 2025 (WITH THE SUPPORT OF MERCK)

This webinar explored how digital tools are shaping MS rehabilitation—from emerging biomarkers that inform clinical decision-making to the evolving use of passive and active remote monitoring systems.

SPEAKERS:

* **Tjalf Ziemssen,**

Professor of Clinical Neuroscience at University Clinic Carl-Gustav Carus, Dresden (DE)

* **Letizia Leocani,**

Associate professor of Neurology at Vita-Salute San Raffaele University, Neurologist in the Neurorehabilitation Unit of the Neurological Dept. and supervisor of the Experimental neurophysiology Unit and of Magnetic IntraCerebral Stimulation (MagICS) centre - Institute of Experimental Neurology, IRCCS Ospedale San Raffaele (IT)

» WEBINAR

The Evolving Role of the Multiple Sclerosis Nurse

JUN. 23, 2025

In this session, two trailblazing experts explored how the role of MS specialist nurses is expanding across cognitive support, bladder and bowel management, emotional care, digital tools, and telehealth—redefining how rehabilitation is delivered.

SPEAKERS:

* **Ruth Stross,**

Director of Services at MS Trust, Committee Member of the RCN Neuroscience Forum, and Trustee of MS Together (UK)

* **Mhairi Coutts,**

MS Specialist Nurse at NHS Ayrshire & Arran, Co-chair of UKMSSNA, and Lead Faculty and Founder of MS Nurse Academy Scotland (UK)

Webinar recordings are available in the e-learning section of our website to all paying and affiliated RIMS members
www.rehabinms.org/e-learning/



▸ WEBINAR

DMTs and Rehab in MS: Synergetic Effect

OCT. 27, 2025 (JOINT WEBINAR WITH ECTRIMS)

In collaboration with ECTRIMS, this webinar featured an interactive roundtable discussion exploring how disease-modifying therapies (DMTs) and rehabilitation can complement each other to slow disease progression, strengthen neurological reserve, and enhance quality of life.

SPEAKERS:

* **Emilio Portaccio,**

Neurologist, Associate Professor of Neurology at the Department of NEUROFARBA, University of Florence (IT)

* **Peter Feys,**

Physiotherapist and Professor in Rehabilitation Sciences, University of Hasselt (BE)

* **Ulrik Dalgas,**

Professor in Exercise Biology and Health, Department of Public Health, Aarhus University (DK)

* **Michelle Ploughman,**

Physiotherapist and Professor of Neuroscience, Memorial University of Newfoundland (CA)

▸ WEBINAR

The Experiences of Young People with MS at Work

NOV. 20, 2025

This webinar presented findings from a qualitative study exploring workplace experiences and needs through focus group discussions with young people living with MS in the United Kingdom. The session featured three perspectives: an academic overview of current evidence on MS and work, a patient experience and clinical insights from an MS specialist nurse.

SPEAKERS:

* **Blanca de Dios Perez,**

Senior research fellow, Centre for Rehabilitation and Ageing Research & NIHR Nottingham Biomedical Research Centre (UK)

* **Ruth Stross,**

Director of Services at MS Trust, a Committee Member of the RCN Neuroscience Forum, and a Trustee of MS Together (UK)

* **Amy Thompson (Patient representative),**

Founder and CEO, MS Together (UK)

* **Sambhav Kumar,**

SEN Teaching Assistant, Ashmole Trust, Health and Clinical Psychology postgraduate, University of Nottingham (UK)

▸ WEBINAR

Understanding and Responding to MS Symptoms That Go Unseen

DEC. 8, 2025 (JOINT WEBINAR WITH EMSP)

Many of the most debilitating symptoms of Multiple Sclerosis—such as fatigue, pain, and cognitive difficulties—remain invisible to others, yet profoundly impact daily life. Organised in collaboration with EMSP, this webinar explored the findings of EMSP's IMSS (Impact of Multiple Sclerosis Symptoms) survey and provided insights into how healthcare professionals and the MS community can work together to better address these hidden challenges.

SPEAKERS:

* **Peter Feys,**

Physiotherapist and Professor in Rehabilitation Sciences, University of Hasselt (BE)

* **Daphne Kos,**

Professor in Master of Science in occupational therapy, KU Leuven and Scientific Research Rehabilitation Coordinator at National MS Center Melsbroek (BE)

* **Anna Revilla (Patient representative),**

Young People's Network Community Manager and MS patient advocate (ES)

▸ WEBINAR

Frailty in Multiple Sclerosis

DEC. 18, 2025

Frailty is a biological syndrome of decreased reserve and resilience across multiple physiologic systems. Although traditionally studied in geriatric populations, frailty is increasingly recognised as highly prevalent among people living with multiple sclerosis (MS), regardless of age or disability status. This webinar reviewed current evidence on frailty in MS, highlight emerging rehabilitation approaches, and identified critical gaps to guide future research and clinical practice.

SPEAKERS:

* **Jacob Sosnoff,**

Associate Dean for Research and Professor in the School of Health Professions at the University of Kansas Medical Center (US)

* **Tobia Zanotto,**

Assistant Professor in the School of Health Professions at the University of Kansas Medical Center (US)

Annual RiMS Conference

ECTRIMS 2025

41st Congress of the European Committee for Treatment and Research in Multiple Sclerosis

30th Conference of Rehabilitation in Multiple Sclerosis

24-26 September 2025 | Barcelona, Spain

120+ RiMS members joined the ECTRIMS-RiMS Conference

The 30th Annual RiMS Conference took place alongside the 41st ECTRIMS Congress, on 24–26 September 2025 in Barcelona, Spain.

RiMS made a significant contribution to the scientific and educational programme. Our presence was visible in two complementary ways:

- * **RiMS lectures** within the ECTRIMS Congress programme, showcasing expertise in rehabilitation and multidisciplinary care in Multiple Sclerosis.
- * **Special Interest Group (SIG) meetings** taking place in parallel during the Congress, providing a dedicated space for focused collaboration and knowledge exchange within our RiMS community.

↳ SCIENTIFIC SESSIONS

- * **Supporting mental health and psychological wellbeing in MS through rehabilitation: empowerment and resilience**
- * **Ageing in MS and rehabilitation**
- * **Digital technologies to support and advance rehabilitation in MS**

↳ EDUCATIONAL SESSIONS

- * **Music and rhythm-based rehabilitation in persons with multiple sclerosis**
- * **Case-series: Innovative approaches to enhancing well-being and cognitive care in progressive MS and NMOSD**

↳ GENERAL ASSEMBLY

The General Assembly was held at the end of the conference on Thursday 25 September 2025. The RiMS members of 2025 approved the financial report.

↳ RiMS PRIZE WINNERS

The RiMS Poster and Platform Presentation Awards are granted each year during the Annual RiMS Conference to celebrate outstanding contributions from researchers in Multiple Sclerosis rehabilitation. These awards are part of RiMS' commitment to encouraging scientific excellence and visibility among rehabilitation professionals.

In 2025, the winners were:

Best Oral Presentation

- * **Silvia Poli** (IT)

Best Poster Presentation

- * **Claudia Marck** (AU)

↳ PERSONS WITH MULTIPLE SCLEROSIS ADVISORY BOARD

In the margin of the Conference, the RiMS PwMS Advisory Board was established and met for the first time. The objective of the Advisory Board is to work alongside the executive and leadership advisory board to steer the deployment of RiMS' strategic plan.

↳ REHABILITATION CENTRE LEADERSHIP MEETING

In the margin of the Conference, the RiMS Rehab Centre Leadership Meeting was convened for the first time.

The objective of the meetings is to strategically connect the senior leadership of rehabilitation centres across Europe and beyond, allowing to engage directly with each other and with RiMS's leadership, and to discuss common challenges and explore opportunities to reinforce one-another and to contribute to the future of rehabilitation in multiple sclerosis care.



34 Participants (including faculty)

RiMS, in collaboration with the University Medical Center Ljubljana, held a full-day workshop in Ljubljana, Slovenia, on Friday 28 November 2025, under the theme "Progression in MS and NMO-SD."

The workshop brought together an international community of researchers, educators, and health and social care professionals for a dynamic day of learning and exchange. The event brought together 15 expert speakers across 5 lectures and 2 hands-on practical sessions, covering a wide range of critical topics.

Lectures explored the pathogenesis, clinical manifestations, symptom management, and treatment of both MS and NMO-SD, as well as quantitative MRI, functional tests, and the economic impact of multiple sclerosis. Practical sessions tackled fatigue and self-management, bladder rehabilitation, robotics, and the importance of multidisciplinary teamwork.

▷ SCIENTIFIC COMMITTEE

- * **Lousin Moundjian,**
ULB University (BE)
- * **Jelka Janša,**
University Medical Centre Ljubljana (SI)
- * **Gregor Brecl Jakob,**
University Medical Centre Ljubljana (SI)
- * **Uroš Rot,**
University Medical Centre Ljubljana (SI)



Access the lecture recordings here

▷ SPEAKERS

- * **Alenka Horvat Ledinek,**
University Medical Centre Ljubljana (SI)
- * **Ana Ožura Brečko,**
University Medical Centre Ljubljana (SI)
- * **Anja Pertot,**
Soča University Rehabilitation Institute, Ljubljana (SI)
- * **Darija Ščepanović,**
University Medical Centre Ljubljana (SI)
- * **Dejan Georgiev,**
University Medical Centre Ljubljana (SI)
- * **Eva Žura**
University Medical Centre Ljubljana (SI)
- * **Gregor Brecl Jakob,**
University Medical Centre Ljubljana (SI)
- * **Jana Pöttgen,**
University Medical Centre Hamburg-Eppendorf (DE)
- * **Jelka Janša,**
University Medical Centre Ljubljana (SI)
- * **Jože Sambt,**
University of Ljubljana, Faculty of Economics (SI)
- * **Lousin Moundjian,**
ULB University (BE)
- * **Michelle Lehman,**
Co-founder of Think Self-Management (CA)
- * **Tanya Packer,**
Former director of the School of Occupational Therapy and the School of Health Administration at Dalhousie University (CA)
- * **Uroš Rot,**
University Medical Centre Ljubljana (SI)
- * **Žiga Špiclin,**
University of Ljubljana, Faculty of Electrical Engineering (SI)

RiMS Grant Programme

The RiGra (RiMS Grant Programme) was established to promote excellence and collaboration in Multiple Sclerosis (MS) rehabilitation. Co-funded by the Italian MS Society, the programme supports projects that aim to advance best practices and research in MS care, encouraging cross-border collaboration and innovation among members of the RiMS community.

The RiGra 2025 amount was €15,000 and the RiGra 2026 amount has been set at €20,000 by the Executive Board.

➤ THE RiMS 2025 GRANT WINNER



Dr Blanca de Dios Pérez (UK)
Senior Research Fellow, Centre for Rehabilitation and Ageing Research & NIHR Nottingham Biomedical Research Centre, University of Nottingham

Measuring value in MS rehabilitation: a comprehensive evaluation framework

➤ WHO CAN APPLY?

- * Applicants must be a RiMS member (either individual or centre-level) at the time of submission.
- * Submissions must be made electronically (via email) before the announced deadline.

➤ ELIGIBILITY CRITERIA

- * Applicants under 36 years old (early-career researchers or young clinicians).
- * Projects involving multi-centre and international collaboration, especially between at least two RiMS centres in different countries.

➤ JUDGING CRITERIA

- * Clear feasibility and achievable outcomes with the funding provided.
- * High relevance to RiMS' mission and objectives.
- * Detailed and transparent budget.

➤ DEADLINES

Application details can be found on the RiMS website at the section with Career Support.



**Apply for the
RiMS Grant
Programme today**



RiMS Fellowship Programme

This programme, co-funded by the Italian MS Society, is dedicated to young professionals, preferably non-doctors, who are working in the field of Multiple Sclerosis rehabilitation. Each year, up to six fellowships are supported, each lasting one week, with €1,000 in reimbursement per fellowship.

The goal of the Fellowship Programme is to promote a multidisciplinary approach to MS rehabilitation and foster international exchange of knowledge and experience among young professionals working at RiMS Member Centres.

➤ WHO CAN APPLY?

- * Applicants must be a RiMS member (either individual or centre-level) at the time of submission.
- * Submissions must be made electronically (via email) before the announced deadline.

➤ ELIGIBILITY CRITERIA

- * Applicants under 36 years old (early-career researchers or young clinicians).
- * Projects involving multi-centre and international collaboration, especially between at least two RiMS centres in different countries.

➤ JUDGING CRITERIA

- * Clear feasibility and achievable outcomes with the funding provided.
- * High relevance to RiMS' mission and objectives.
- * Detailed and transparent budget.

➤ DEADLINES

Application details can be found on the RiMS website at the section with Career Support.

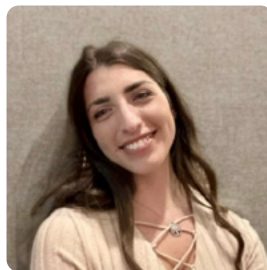


**Apply for the
RiMS Fellowship
Programme today**

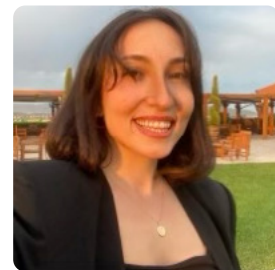
➤ THE RiMS 2025 FELLOWSHIPS



Barbara von Glasenapp (DE)
visited Aarhus University,
Denmark



Rebecca Cardini (BE)
visited Centre d'Esclerosi
Múltiple de Catalunya
(Cemcat), Barcelona, Spain



Gözde Deniz Ünal (TR)
visited MS Centre
Amsterdam, UMC,
Netherlands.

Project PROMS Global Initiative



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 organised into 4 working groups (WG). RiMS is particularly involved in WG1 on 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 on e-health.

▸ MAIN ACHIEVEMENTS IN 2025:

Finalisation of the results of the Global survey: a quantitative manuscript and a qualitative manuscript on the results are ready to be published.

The organisation of the Annual Plenary Event on 13th November 2025, in the margin of the European Charcot Foundation's Annual Meeting, with the following highlights:

The evolving role of PROMs in emerging therapies

- * **Patient-Reported Outcome Measures (PROMs)** are transitioning from secondary endpoints
- * Increasingly used to:
 - demonstrate clinical meaningfulness
 - support value-based healthcare frameworks
 - capture domains not adequately assessed by traditional outcomes (e.g., fatigue, cognition, quality of life)
- * Strong emphasis on:
 - early integration in clinical trials
 - longitudinal assessment

Linkage with real-world evidence (RWE)



Scan this QR code to access the **PROMS website**.



ELECTRA 2025

SAVE THE DATE

12-13 NOV 2024

ELECTRA 2024

ELECTRA 2024

ELECTRA 2024

Project TEN4CARE



MAIN ACHIEVEMENTS IN 2025:

In 2025, TEN4CARE advanced through its core technical development phase, establishing the scientific and engineering foundations of innovation and progressing in the development of its functional components. The consortium also laid the basis for regulatory and preclinical pathways, preparing the framework for upcoming safety assessments and validation activities.

To strengthen the project’s user-centred dimension, RiMS conducted a comprehensive stakeholder mapping and established a multi-stakeholder engagement group to design an effective Engagement and Training Plan.

Upcoming milestones include the definition of metrics to assess the impact, efficacy and effectiveness of the engagement action plan, using scientific and robust frameworks.

Dissemination progressed through the launch of the official project website and social media channels, enhancing visibility and community engagement. These channels provide regular updates on project progress.



www.ten4care-project.eu

TEN4CARE is a 48-month Innovation Action funded by the European Union (Grant Agreement No. 101178590). The project develops an innovative, minimally invasive, and personalised medical device for tendon repair, integrating shape-memory biomaterials and 4D hydrogels responsive to external stimuli and loaded with anti-inflammatory drugs and magnetic nanoparticles. The technology aims to enhance tendon healing, reduce recurrence, and support safer and more effective rehabilitation pathways, with relevance for people with Multiple Sclerosis (PwMS), who frequently experience tendon disorders due to altered motor patterns and compensatory strategies.

TEN4CARE brings together 16 partners from 7 EU countries, combining expertise in materials science, biomedical engineering, preclinical research, regulatory strategies, and clinical rehabilitation.

Within the consortium, RiMS contributes to dissemination, stakeholder engagement, and the integration of health professionals and patient-centred perspectives, ensuring that clinical practice, rehabilitation needs, and experiential knowledge from PwMS inform the development and implementation of the innovation.

PwMS will be engaged to identify needs, advise on feasibility and usability, and guide device features and use cases. Their engagement supports acceptability, strengthens early dialogue with regulators, and positions them as trusted ambassadors. This collaborative process generates reciprocal benefits: it enhances research quality and fosters a more transparent and inclusive innovation pathway, while reinforcing PwMS sense of control, self-worth, and social identity.

TEN4CARE CONSORTIUM PARTNERS



ENGAGEMENT COLLABORATING ORGANISATIONS (NON CONSORTIUM)



Project GESTUS



Co-funded by the European Union

➤ MAIN ACHIEVEMENTS IN 2025:

At the end of 2025, GESTUS completed Reporting Period 1, reaching the midpoint of the project with no major delays or deviations identified. During this phase, the project progressed from system design to prototype development and preparation for platform integration and field testing. Deliverables related to the system architecture and the detailed architecture of the platform were submitted during the reporting period.

A first wearable prototype integrating IMU and GNSS components was developed, and initial laboratory tests provided preliminary evidence supporting the technical feasibility of accurate kinematic tracking. In parallel, the cloud platform backbone and backend infrastructure were implemented to enable secure data acquisition, storage and preliminary processing. These developments support the next project phase, which will focus on integration and validation.

User-centred and clinically oriented development also advanced substantially through the User Board activities. RiMS coordinated this work together with UNIGE, with the involvement of FISM, contributing to the definition of user requirements and the co-design process. The first User Board meeting took place in March 2025, and a second feedback round in December 2025 further refined relevant needs across use cases, including the neurological scenario. The broader co-design framework involved clinicians, physiotherapists, patients, coaches and athletes, helping align the platform with real-world monitoring and rehabilitation needs.

From a clinical readiness perspective, the project also established its ethical and data protection framework in preparation for studies involving human participants, including procedures for ethics approvals, informed consent and data handling. Dissemination progressed through the launch and maintenance of the official project website and the production of project communication materials.

GESTUS is a project co-funded by the European Union (Project No. 101180173; Topic: HORIZON-EUSPA-2023-SPACE-01-41). It develops an innovative wearable solution for accurate whole-body kinematics monitoring in real-life environments. By combining GNSS and IMU technologies with dedicated processing algorithms and a cloud platform, the project aims to support healthcare and rehabilitation applications, including the remote monitoring of neurological and neurodegenerative conditions such as multiple sclerosis and Parkinson's disease. Within the consortium, RiMS contributes to the definition of technical and clinical requirements for the neurological and rehabilitative sectors and supports the preparation and implementation of MS-related study activities, with FISM involved as affiliated entity.



Funding

In 2025, 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.

INTERNATIONAL FUNDER OF THE RiMS WORKSHOP



Sanofi is a global healthcare leader dedicated to transforming the practice of medicine through pioneering research, development, and manufacturing of treatments across a broad spectrum of diseases. In the area of multiple sclerosis, Sanofi invests significantly in innovative therapies and patient-centered solutions, helping to support educational initiatives and collaborative projects that advance MS care and knowledge.

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Roche is a global pioneer in pharmaceuticals and diagnostics, committed to advancing science to improve people's lives. With a strong focus on neurology and MS, Roche supports research, education, and community activities that contribute to better patient outcomes. Their sustained engagement helps drive innovation and awareness initiatives within the MS field.

FUNDER OF A SPECIAL INTEREST GROUP MEETING



FUNDER OF THE ANNUAL CONFERENCE 2025, BARCELONA



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All RiMS operations are managed by LAUREA, a Belgian agency specialising in medical and scientific learning, communication and advocacy. LAUREA develops and implements tailored strategies for organisations, associations and institutions, bringing together expertise in healthcare communication, scientific content, digital learning and live education.

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To stay up to date with the latest news, educational content, and professional opportunities in the field of Multiple Sclerosis rehabilitation, we invite you to become part of the RiMS network.

There are three ways to get involved, each offering different levels of engagement: a Free Account, a Free Membership, or a Paying Membership. See the details below and choose the one that best fits your needs and professional journey.

▸ INDIVIDUAL AND EARLY CAREER MEMBERSHIP BENEFITS

- * **Enjoy discounted registration fees** for the RiMS Annual Conference, RiMS Workshop and Special Interest Group meetings
- * **Participate** in up to two Special Interest Groups (SIGs) — contribute to projects, take on leadership roles, and access SIG-specific content.
- * **Apply** for dedicated grants, fellowships, and other RiMS-funded initiatives.
- * **Access** exclusive online member-only resources and e-learning materials and join Paying Members Only online teaching courses.
- * **Connect and collaborate** with MS professionals across Europe through our growing network.
- * **Have voting right** in the RiMS General Assembly, allowing them to co-decide on the strategic direction of RiMS and be able to **be a candidate** for SIG leadership or RiMS leadership roles.

▸ CENTRE MEMBERSHIP BENEFITS

- * **Gain visibility** by joining our Centre Member Network. Your institution name will be published on our website and recognized across our internal and external communications as a RiMS Centre Member.
- * Receive an invite for the **annual RiMS Rehab Centre leadership meeting** organised in the margin of the Annual RiMS Conference.
- * The Centre Membership Manager (the person signing-up for the Member Centre Membership), **receives our e-newsletters and e-announcements**.
- * Be invited to **join multi-centre research projects** initiated by RiMS (additional eligibility criteria may apply for the specific research project).
- * Can **join information dissemination activities** initiated by RiMS (eg. to recruit patients, on research outcomes, ...).
- * Grant **Individual Membership by affiliation to all professionals from your organisation**, allowing them to access the full range of Individual Membership benefits.
- * 6 Individual Members by affiliation have **voting right in the RiMS General Assembly**, allowing them to co-decide on the strategic direction of RiMS.



More information about our membership accounts:
www.rehabinms.org/membership-accounts

RiMS Membership Types & Fees 2025



FREE MEMBERSHIP

€0/year*

FOR WHOM?

Students in a healthcare related curriculum and professionals active in multiple sclerosis research, treatment, education, or rehabilitation



EARLY CAREER MEMBERSHIP

€45/year*

FOR WHOM?

Students in a healthcare related curriculum
Professionals in healthcare within the first 5 years of work



INDIVIDUAL MEMBERSHIP

€145/year*

FOR WHOM?

Professionals active in multiple sclerosis research, treatment, education, or rehabilitation



CENTRE MEMBERSHIP

€590/year*

FOR WHOM?

Multiple Sclerosis and rehabilitation centres
Research groups or healthcare institutions with 6+ professionals
Centres looking to engage in RiMS leadership and collaboration

For the current Membership fees, please consult the RiMS website. RiMS Memberships are valid for 12 months as from date of subscription. You will be notified when your Membership is up for renewal. Memberships are not automatically renewed. 0% VAT is applied to the Membership fee based on Directive 2006/112/EC – implemented in Article 44 § 2, 11° of the Belgian VAT Code.

*You have a 14-day cooling-off period from the date of purchase/subscription, during which you can cancel for a full refund without providing a reason. After that period, paid Membership fees cannot be refunded. Memberships are following the rules described in the RiMS Bylaws section II that can be consulted the RiMS website.



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