



ENHANCING ACTIVITY, PARTICIPATION AND AUTONOMY FOR PEOPLE WITH MS

ANNUAL REPORT 2013



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ORGANISATION PROFILE

Rehabilitation in Multiple Sclerosis (RIMS), the network of MS Centres in Europe was created in 1991 in Milan, Italy to enhance collaboration by the foremost MS Centres in Europe. Today, we embrace researchers and clinics in our European network for best practice and research.

MISSION

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

VISION

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

• 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



Message from the President



The past year has been a fulfilling and successful 12 months for RIMS. Starting with our various SIG meetings in spring, which brought interesting results in the respective fields, followed by the joint RIMS /ECTRIMS meeting in Copenhagen. The RIMS sessions, SIGS, General Assembly, Teaching Course and Nurse Session were well attended.

We have also organized a stakeholders meeting to receive feedback from key partner organizations. We acknowledge the positive interaction with representatives from EMSP, MSIF, CMSC IJMSC, MSJ, ECTRIMS, Serono Symposia, PMSA and Industry.

Another highlight of the year are the several projects that were supported by unconditional grants from one of our sponsors.

- The ADAMS project or "Adherence in MS" has been launched in April 2013. Assessment of existing knowledge and experiences in adherence in a chronic disease and the development of a joint proposal by the gathered panel of experts on further actions on this field.
- The content of physical rehabilitation with the objective of enhancing evidence-based practice in physical rehabilitation, by improving quality of scientific research and implementation in clinical practice has resulted in an accepted paper in NNR (Neurorehabilitation & Neural Repair: nr 1 journal in rehab with an impact factor > 4.2).

- The mobility and arm function - research on responsiveness of walking capacity tests and rehabilitation effects within the SIG's Mobility and Occupation.

In 2013, the RIMS grant program was awarded to Davide Cattaneo (Don Gnocchi Foundation, Milan) for a project on the effectiveness of balance rehabilitation program. This project was also supported by Kamila Rasova, Johanna Jonsdottir, Susan Coote and Dennis Hannes.

On the field of social media, RIMS is also on LinkedIn providing the opportunity to interact between members and therapist/researchers with an interest in rehabilitation for persons with Multiple Sclerosis. You will find us as "RIMS – European Network for best Practice and Research in MS Rehabilitation".

All this achievement was not attained alone, rather, it was a result of collective action, generous investment and firm commitment from the EB, our RIMS members and Sponsors.

Peter Feys

OUR SPONSORS



WHY JOIN RIMS?



Individual members as well as all professionals from a member centre are able to get a RIMS Annual Conference registration fee at a special reduced member price.



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.



Some of the SIG's have published papers or pamphlets on important MS issues. These are distributed among RIMS members.



RIMS offer a special Grant Program to support multi-centre studies, a shared best practice network, or a SIG project. RIMS will support up to two grants annually, with a sum of max €5000 per one project.



The Grant is available for European professionals, in order to facilitate their projects related to MS. At least three members (individual or centres) from three different European countries have to be involved.

RIMS is a fruitful network for all professionals working in the field of MS. Therefore we encourage all MS Centres, MS patient organisations and individual healthcare professionals and researchers to join the network.

These are some of the benefits of joining RIMS, together with a supportive network to exchange best practice, innovation and above all; friendship and a shared purpose to improve the lives of those who are living with MS. RIMS is an active network for MS professionals, researchers and centres and membership gives you access to the resources of the network, encourages study-visits, exchange of best practice and other skill improving activities.



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.



RIMS will support up to five fellowships annually, each with duration of one week, with a fellowship of €1000.

OUR MEMBERS ACROSS EUROPE



Currently, our members span the following countries:

CENTRE MEMBERS

Belgium
Denmark
Finland
Germany
Italy
Netherlands
Poland
Slovakia
Slovenia
Spain
Sweden
Switzerland
United Kingdom

INDIVIDUAL MEMBERS

EUROPE

Belgium
Czech Republic
Cyprus
Denmark
Germany
United Kingdom
Ireland
Israel
Italy
Latvia
Netherlands

Norway
Poland
Romania
Serbia
Switzerland
Sweden

REST OF THE WORLD

Australia
Canada
New Zealand
USA

OUR MEMBERS ACROSS THE REST OF THE WORLD

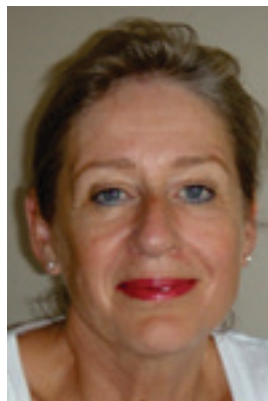


Member Centre



Individual Member

Members of the Executive Board



Name	Position/Background	Country	Role	Term
Peter Feys	Rehabilitation Sciences and Physiotherapy (PhD)	Hasselt (Belgium)	President	2008-2014
Vincent de Groot	Rehabilitation Physician (PhD)	Amsterdam (Netherlands)	Treasurer	2011-2014
Päivi Hämäläinen	NeuroPsychologist (PhD); Head of rehabilitation center	Masku (Finland)	Secretary	2011-2014
Victoria Matthews	Nurse, MSc, RGN	London (UK)	Member officer	2008-2014
Alessandra Solari	Neurologist (PhD)	Milan (Italy)	SIG coordinator	2011-2014
Christoph Heesen	Neurologist (PhD)	Hamburg (Germany)	Rims Grant program	2011-2014
Ulrik Dalgas	Sport Scientist (PhD)	Aarhus (Denmark)	Organiser, RIMS conference 2012	2011-2014
Thomas Henze	Neurologist (PhD)	Germany	EMSP contact	2008-2014

Management & Administration

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 held 3 meetings during the year 2013:

- February 8, 2013 in Milan (Italy)
- August 30, 2013 in London (UK)
- October 4, 2013 in Copenhagen (Denmark)

Since October 2012, the Executive Board decided to change the day-to-day management of the association fundamentally through the establishment of a professional secretariat, consisting of:

SECRETARIAT

Caryl Thalheim
secretariat@eurims.org

provides administrative support in close cooperation with the president and other members of the EB. Our special thanks goes to Grace Donovan (UK) for her assistance in membership administration in 2011-2012.

WEBMASTER

Peter Van den Nieuwenhof
webmaster@eurims.org

continues his work as RIMS webmaster.

PUBLIC AFFAIRS

Christoph Thalheim
publicaffairs@eurims.org

was appointed as freelance consultant for Public Affairs, with a focus on relations with industry (including fundraising), European and multi-partner projects and networking with the European institutions and other stakeholders.

Our Partners



Be a Part of RIMS

400€

CENTRE
Annual
Membership
Fee

100€

INDIVIDUAL
Annual
Membership
Fee

25€

STUDENT
Annual
Membership
Fee

BANK INFORMATION

IBAN: BE32 001504450802
BIC: GEBABEBB

Fortis Mechelen-Centrum/81105
Bruul 81
B-2800 Mechelen
Belgium

**Copenhagen
Congress Center**

Special Interest Groups (SIG)

The Executive Board has established a number of Special Interest Groups (SIG). These groups aim to promote research and improve the management of persons with MS and their caregivers. Traditionally, a short workshop takes place during the RIMS annual conference and intensive “in-between” meetings of 1½ to 2 days take

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 sometimes also organised.

SIG	Chair	Co - Chair
Mobility	Anders Romberg, PhD, PT * Finland	Paul Van Asch, PT Belgium
Occupation	Daphne Kos, OT, PhD Belgium	Tarja Huilla, OT ** Finland
Psychology & Neuropsychology	Liina Vahter, PhD Neuropsychologist Estonia	Anita Rose, Neuropsychologist UK
Bladder, Bowel & Sexual Problems	Laura Lopes, MD Italy	Piet Eelen, Chief nurse Belgium
Communication & Swallowing problems	Antonella Nota, Speech therapist Belgium	Marta Renom, Speech therapist Spain
Patient Education	Christoph Heesen, PhD, MD Germany	Alessandra Solari, MD Italy

SIG In-Between Meetings

SIG	Date	Place	Participants	Countries
Communication & Swallowing	March 21-23	Venice, Italy	5	4
Psychology & Neuropsychology	April 19-20	Ljubljuna, Slovenia	12	-
Occupation	April 26-27	Fraiture, Belgium	13	6
Bladder, Bowel & Sexual Disorders	May 24-25	Milan, Italy	7	4
Mobility	June 7-8	Limerick, Ireland	72	16

SIG Reports

Occupation



April 26-27, 2013 Fraiture, Belgium

The SIG in between meeting on Occupation was held in Fraiture, Belgium, with the theme: *Occupational performance and Goal setting*, is indeed one of the most successful meetings organized this year. It had 14 RIMS members representing 6 different countries. The meeting can be regarded fruitful having 9 presentations that are all deemed excellent and of high quality.

The conference mainly gave importance to innovation of new methods on research/ clinical work all for an improved rehabilitation for persons with MS. Various presentations on technology research and advancement were introduced such as presentations on *Virtual Reality: A reality for MS patients with the software view* by Stéphanie Rémy, *Light Therapy and Chromotherapy* by Stéphanie Rémy and Marianne Dhem, and *Optimizing occupational performance through Tele-coaching (i.e., smartphone applications)* by Daphne Kos.

New methods and procedures in assessing performance and behavioral change were also discussed including *KAWA: occupational performance in a non-western perspective* presented by Sofie Ferdinand, *Motivational Interviewing* by Hilde Ryg, use of *Goal attainment scale in OT process* and *possibilities of therapist exchange* both presented by Tarja Huilla and the *added value of COPM in the assessment of occupational performance* by Marijke Duportail. Moreover, strategies on how to deal with Pain in MS were also formulated.

Undeniably, the meeting proved to be very productive and motivating leaving the participants formulating more contributions and proposals that were all reckoned pending and the next SIG Occupation meeting.



June 7-8, 2013 Limerick, Ireland

This year's annual SIG Mobility meeting was held in Limerick, Ireland on 7th and 8th June under the theme, *"Physical activity in MS: Facilitating sustained changes in mobility and exercise participation."* Without a doubt, the meeting was a great success – as judged by several indicators. We acknowledge with great satisfaction that the gathering was attended by a record number of participants (76) from a record number of countries (16). The number of abstracts received was also higher than ever earlier. Such impressive facts were accompanied by stunning Irish summer weather and high-class arrangements in Limerick University campus.

A filled feedback questionnaire was received from 29 meeting participants. Meeting satisfaction was enquired in six items on a scale from 1 (absolutely not satisfied) to 5 (fully satisfied). Mean scores on the answers to these



varied between 4.5 and 4.8 indicating a high satisfaction with the arrangements, programme and other aspects of the meeting.

The feedback questionnaire included five open questions. According to selected answers, the meeting met well practically all respondents' expectations. In some cases these were even exceeded! Moreover, the meeting was perceived to include a variety of high-quality speakers and presentations, interesting topics, excellent organization and time management, as well as interesting discussions. Only a few – minor – limitations were mentioned. The most frequent comment to improve SIG Mobility meetings was the wish for more practical sessions.

Taken together, SIG on Mobility in-between meeting 2013 can be regarded as an exemplary event to reflect the fulfilling of RIMS mission statement as a European network to provide with multi-level activities in the field of rehabilitation for persons with MS. Finally, in this success, the efforts of the local organizer, Susan Coote, deserve to be highly acknowledged.

- Anders Romberg, Chair SIG on Mobility

SIG Reports

Psychology & Neuropsychology



April 19-20, 2013
Ljubljuna, Slovenia

The in-between meeting on Psychology and Neuropsychology was held in Ljubljuna, Slovenia. It was organized by the Head of MS Center in Slovenia, Prof. Dr. Saša Šega and participated by 12 members of RIMS. The meeting focused mainly on case presentations, literature reviews and drafting of manuals and booklets on various PwMS issues with respect to their treatment and sexual behavior.

The conference started with a review on the MS Centre of Slovenia and a tour on its Neuro rehabilitation at the University Medical Centre. Parts of the neurology clinic and topics about systems of treatments and rehabilitation of

neurological patients of various countries were particularized during this activity. This then led to the discussion of the pros and cons of different test batteries on the neuropsychology assessments and individual treatments for patients in an Italian Rehabilitation center.

Besides considering making and publishing a PDF version of the Cognitive Manual, the team also considered planning for a booklet on Sexuality and MS; on sexual and cognition and relationship issues of PwMS. The booklet is to be entitled, "*Psychology and Sex in MS*" and was presented for RIMS in Copenhagen.

SIG Reports

Communication & Swallowing



March 21-23, 2013 Venice, Italy

Held at the San Camillo Hospital in Venice, this year's first SIG in-between meeting was hosted by Francesca De Biagi, a speech and language therapist (SLP), and was considered efficiently and constructively successful.

Aside from the host, the three-day meeting was attended by Hélène Mathy of the Rehabilitation Center in Fraiture, Antonella Nota of the Rehabilitation Center in Melsbrock, and Irene Battel, an SLP researcher in dysphagia field of San Camillo Hospital.

The main purpose of the meeting was to share personal work previously done for the sketching of two booklets as per decided on the May 2012 RIMS meeting in Hamburg. The booklets would contain specific descriptions about the impact of cognitive disorders on speech and language therapy and will be designed to perfectly fit for both SLP and Family or Caregiver readers.

The booklet addressed to SLP is titled, "*When*

SLTs have to deal with cognitive impairments in PwMS: How to adjust the intervention?"

The booklet addressed to family members and caregivers, on the other hand, is entitled, "*MS: When communication and swallowing are compromised by cognitive disorders: How to cope with it in daily life? How SL T can help you?*"

Although the gathering gave them time to discuss the contents of each aspect, weigh every area and formulate the needed information, the time allotted and workload only allowed an almost-complete professional booklet version. The family-caregiver version, however, will be continued through individual work for it needs a completely different approach compared to the former.

Overall, the said meeting proved to be productive in all aspects. In fact, both brochures were presented at the RIMS General Assembly in Copenhagen and can be accessed via Eurims website.

SIG Reports

Bladder, Bowel & Sexual Dysfunction



June 7-8, 2013
Milan, Italy

Participants: Laura Lopes -IT (Chair), Roberta Motta – IT, Guido Francavilla – IT, Sara Rinaldi – IT, Anita Pirecnick Nok – SI, Marita Flo – DK, Colette Beneton – FR

Previously, a few of the meeting participants Laura Lopes, Roberta Motta, Guido Francavilla, Sara Rinaldi, Marita Flo met with Diana D. Rostrup-Nielsen from Coloplast, Denmark, in order to have a collaboration with SIG Bladder Bowel and Sexual Dysfunction about Coloplast proposal for healthcare professional survey.

Diane described the purpose of this e-survey as an opportunity to better understand the patient experience from the time they receive an MS diagnosis to access to proper bladder management. The e-survey will also allow for collection of data from a large population of HCPs, statistical analysis and potential publication.

Meeting Agenda

Coloplast proposal: Laura Lopes explained to the participants the project of Coloplast e-survey for healthcare professional. All the participants approved the project. Diane from Coloplast handed out an example of questionnaire. The SIG group will prepare the question and will launch the e-survey during next RIMS meeting held in Copenhagen next October.

Peristeen® study:

1. *Tools for multicenter study with Peristeen® (Laura Lopes):*
 - Presentation of bowel symptoms check list according to ROME III criteria (Roberta Motta)
 - Discussion about what means conservative bowel management according to American Guidelines or new guidelines for Management of

Neurogenic Bowel Dysfunction in Individual with Central Neurological Conditions (by Multidisciplinary Association of Spinal Cord Injured Professionals). Participant approve definition of conservative management from Clinical Practice Guidelines from American Veterans pag. 32-33.

Scales: Neurogenic Bowel Dysfunction (NBD) score; St. Mark's incontinence score; Wexner score for constipation.

2. *Review of literature on Pub med (Laura Lopes).* Laura Lopes gave some details about literature review (from 2010 until 2012). Some articles were not yet reviewed, so for that reason the participants decided to divide the articles between them, with the deadline set on August 2013 where the draft of Bowel Guidelines must be ready. In Copenhagen (2nd – 5th October, 2013) we planned to discuss the guidelines with all members.
3. *Tools to prepare:*
 - Model of informed consent (Roberta Motta)
 - Definition of conservative bowel management according to American Guidelines (Roberta Motta)
 - Short structured questionnaire for call interview (Karen Oksnervad- Anne Britt Skas)
4. *When starting intermittent catheterization (all discussion).*

Discussion was focused at which measure of Post Void Residual (PVR) will be start to teach patients on intermittent catheterization. All the center represented are agree to starts at 100 ml. of PVR. Roberta Motta presented a slide about strategies to increase compliance/adherence to catheterization. Colette Beneton presented and explained the Pencil & Pen Test (G. Amarenco et al. *"Pencil and Paper Test: a new tool to predict the ability of neurological patient to practice*

clean intermittent self-catheterization." 2011 *Journal of urology* Vol.185, 578-582). This tool could be useful before teaching patient with neurological disorders to practice clean intermittent self-catheterization.

5. *Others:*
 - Presentation of MSISF19 - scale for sexual dysfunction.
 - Discussion of the possibility for a workshop on Sexual Dysfunction on next RIMS meeting (2nd – 5th October, 2013). The participants suggest a multidisciplinary approach (rehabilitation doctor, nurse, psychologist, occupational therapist, etc.)

Agenda Future SIG

- Meeting with Psychologist for sexual dysfunction
- Workshop during RIMS meeting next October about sexual dysfunctions – multidisciplinary approach
- Complete tools for Peristeen® study
- Discuss draft bowel guidelines
- Launch e-survey
- Questionnaire if the patients understood importance of intermittent catheterization after teaching educational training

Prepared by:

Roberta Motta
Italian MS Society
Rehabilitation Centre

RIMS 18th Annual Conference

Copenhagen, Denmark

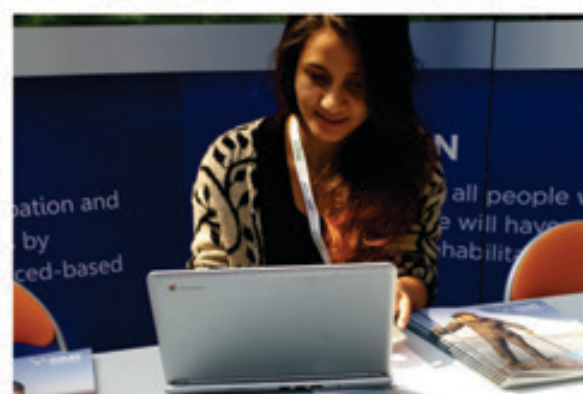
**Held during the
Joint RIMS/ECTRIMS Conference
October 4, 2013**

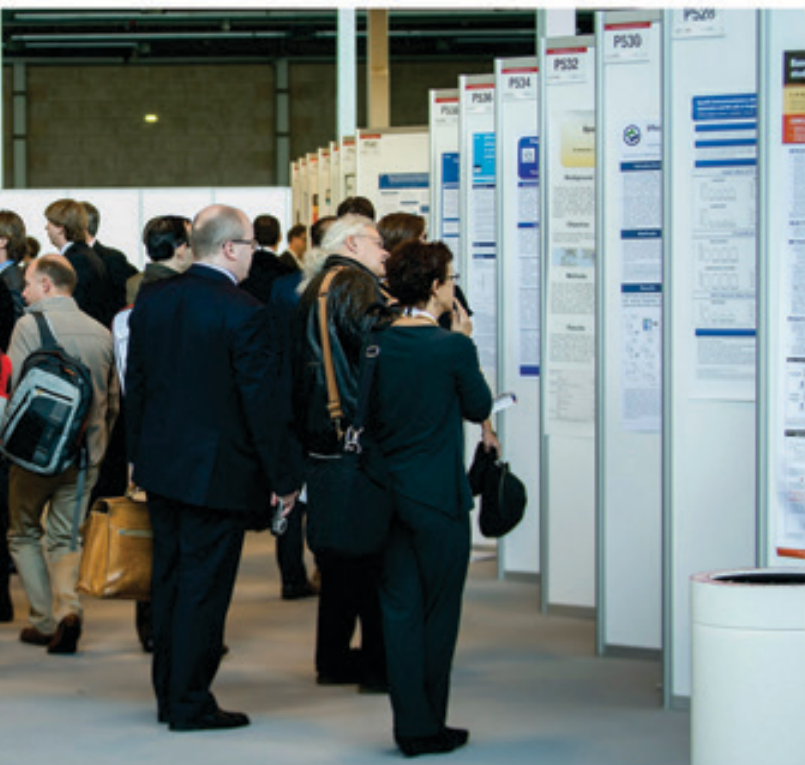
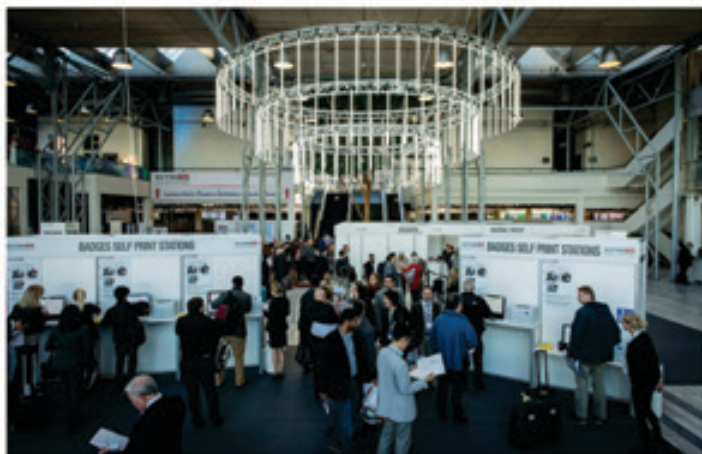
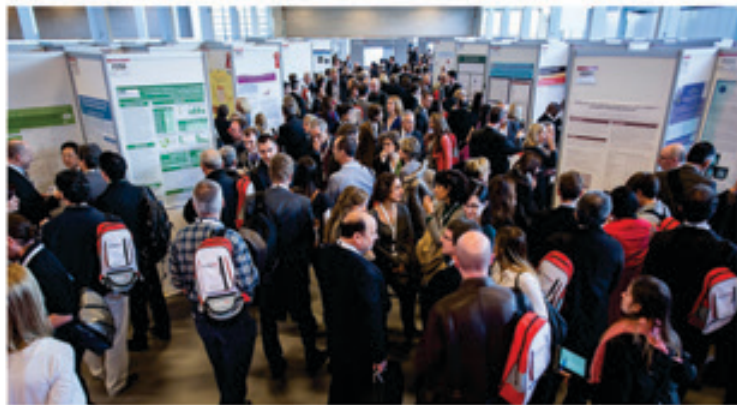
The 18th RIMS annual conference was jointly organized within the ECTRIMS conference in Copenhagen (Denmark, October 3-5th 2013). You may see the invited presentations of the RIMS-ECTRIMS conference also on-line by simply registering to the following website:

<http://onlinelibrary.ectrims-congress.eu>.

In Copenhagen, we also organized a stakeholders meeting to receive feedback from key partner organisations. We acknowledge the positive interaction with representatives from EMSP, MSIF, CMSC, IJMSC, MSJ, ECTRIMS, Serono Symposia, PMSA and industry.

The RIMS best poster and platform presentations were awarded to studies that investigated the relationship between disability and neural structures. We congratulate Luca Prosperini (Roma, Italy) and Marco Bove (Genoa, Italy) for the best platform and poster presentation respectively. Titles of their work were "Changes in microarchitecture of white matter bundles after Wii balance board training in multiple sclerosis" and "Motor rehabilitation impacts the white matter microstructure of corpus callosum in patients with multiple sclerosis". Also the posters are accessible on-line.





RIMS 18th Annual Conference

Copenhagen, Denmark

PeerVoice Presentations

PeerVoice delivers independent medical education designed to positively impact patient outcomes. It has been producing on-demand medical education through multiple media since 2010. This programme has been endorsed by the European Network for Best Practice and Research in Rehabilitation in Multiple Sclerosis (RIMS).

INTRODUCTION

Beyond Pharmaceuticals: Improving Physical and Mental Function in People with MS

<http://mp.peervoice.com/player/36095/51/1>

PRESENTATION 1

Advances in Measuring and Providing Rehabilitation in MS

<http://mp.peervoice.com/player/36095/51/2>

PRESENTATION 2

Brain Training: Assessing and Improving Cognitive Function in MS

<http://mp.peervoice.com/player/36095/51/3>

PRESENTATION 3

The Growing Evidence for Benefits of Exercise Therapy in MS

<http://mp.peervoice.com/player/36095/51/4>

PeerVoice

This activity is supported by educational funding from Biogen Idec International GmbH. For presentation recordings on the topics below, please see:

<http://www.peervoice.com/beyond-pharmaceuticals-improving-physical-and-mental-function-people-ms#featured-presentations>



Jürg Kesselring, MD

Rehabilitation Centre Valens
Neuroscience Center Zurich
Zurich, Switzerland



Peter Feys, PhD

University of Hasselt
Gebouw C: BIOMED/REVAL
Diepenbeek, Belgium



Päivi Hämäläinen, PhD

Masku Neurological Rehabilitation Centre
Masku, Finland



Ulrik Dalgas, PhD

Aarhus University
Aarhus, Denmark

ECTRIMS Nurse Sessions

RIMS/ECTRIMS 2013 Conference was a landmark moment for MS nursing. RIMS hosted the first ever plenary nursing sessions at conference.

MS nurses were able to enjoy a diverse programme of topics that included the needs of the adolescent with MS, the challenges of adherence in MS, the MS Nurse PRO educational project and evidencing the role of the MS Specialist Nurse.

The nurse sessions were very well evaluated, generating a high level of praise from the delegates who attended, and have contributed to the growing awareness of the importance of specialist nursing in the care of people with MS.





Projects

Adherence in Multiple Sclerosis (ADAMS)

ADAMS
Adherence in Multiple Sclerosis

with support from
NOVARTIS

The **ADAMS ('Adherence in MS')** project has been launched in April 2013 with a strategic conference and nested focus group meeting bringing together experts from different backgrounds in Brussels. A meeting report has been recently published (*Heesen C et al. Mult Scler. 2014 Apr 22. Epub ahead of print*). The second ADAMS conference will be held in June 2014 in London, focusing on adherence in non pharmacological interventions. As for the first conference, a focus group meeting of experts from different disciplines and backgrounds will be part of the conference.

RIMS believes that adherence in MS is more than taking medication regularly. Adherence is about personal lifestyle, values and choices, and pertains disease modifying as symptomatic treatments, rehabilitation, and behavioral interventions. Assessment of existing knowledge and experiences of different players and the development of a joint proposal by the panel of experts on further actions in this field are the two main aims of ADAMS.

For more information, please watch
http://www.youtube.com/watch?v=cYmsYCV_4Nc



Content of Physical Rehabilitation

The content of physical rehabilitation is often a black box, id est, we don't really know what our physical therapists are doing in a clinical setting, given factors of setting, time and resources constraints, as well as education level and cultural beliefs. Kamila Rasova (kamila.rasova@gmail.com) is making an inventory by means of an on-line questionnaire for center representatives as well as for every therapist in Europe, but also worldwide. We invite physical therapists to complete this questionnaire (45') and you may win a free ticket to our next conference!

Functional Mobility and Arm Function

There is a surprising lack of knowledge on which outcome measures to use for mobility and arm function. After having performed research on responsiveness of walking capacity tests and rehabilitation effects within the SIG Mobility (n=293 in 17 centers in Europe), we now plan new multi-center joint data collection studies on functional mobility and arm function within the SIG's Mobility and Occupation.

Please contact ilse.baert@uhasselt.be if you would be interested in participation.

LINKS TO QUESTIONNAIRES FOR CENTER REPRESENTATIVES AND THERAPISTS

Europe-based:

www.cophyrequest.czware.cz/centre

Worldwide:

www.cophyrequest.czware.cz/content

RIMS is also proud to announce that a manuscript highlighting the result of a multi-centre study, has been accepted for publication in a prestigious journal, the *Neurorehabilitation and Neural Repair*.

Responsiveness and Clinically Meaningful Improvement, According to Disability Level, of Five Walking Measures After Rehabilitation in Multiple Sclerosis: A European Multicenter Study.

Ilse Baert, Jennifer Freeman, Tori Smedal, Ulrik Dalgas, Anders Romberg, Alon Kalron, Helen Conyers, Iratxe Elorriaga, Benoît Gebara, Johanna Gumse, Adnan Heric, Ellen Jensen, Kari Jones, Kathy Knuts, Benoît Maertens de Noordhout, Andrej Martic, Britt Normann, Bert O Eijnde, Kamila Rasova, Carmen Santoyo Medina, Veronik Truyens, Inez Wens, Peter Feys

Other Project-Related Publications

(1) Dalgas U, Kjolhede T, Gijbels D, Romberg A, Santoyo C, de Noordhout BM, et al. **Aerobic intensity and pacing pattern during the six-minute walk test in patients with multiple sclerosis.** J Rehabil Med 2014 8;46(1):59-66.

(2) Feys P, Bibby B, Romberg A, Santoyo C, Gebara B, de Noordhout BM, et al. **Within-day variability on short and long walking tests in persons with multiple sclerosis.** J Neurol Sci 2014

Fellowship Exchange Program



Name: Hanne Thorup

From: Denmark

To: Masku Neurological Rehabilitation Centre,
Masku, Finland

The time you visited: 5-22 April 2013

Academic assessment:

Excellent

Personal assessment:

Excellent

Positive aspects during the stay at the centre:

I was able to meet another dietician and had a lot of professional discussion. We both agreed that we will try to stay in touch for professional discussions and try to find other dieticians working with MS maybe in a Special Interest Group.

Negative aspects during the stay at the centre:

Language problems when I observed patient counseling.

General evaluation of the stay:


Good

Did you achieve the goal expected?

Yes

Could you recommend the centre?

Yes.



Application form
RIMS Fellowship Exchange Program (RIMS RFEP)

Full name: Hanne Bak Thorup
Occupation: dietician / nutritionist
Centre: MS hospital Ry, Denmark
Mailing Address: Ry@Sclerosehospital.dk
Country: Denmark
Email: [redacted]
The centre I wish to visit: Masku Neurological Rehabilitation Centre
The time I wish to visit: 22-26/4-2013
The goal of the visit: To experience how they work with nutrition and MS.
You or your centre have been RIMS member since min. 10 years
Do you belong to any of the RIMS SIG groups? If yes, which _____
What is your native language? Danish
Are you able to speak English? Yes ☒ No ☐
Add your short CV and also additional recommendations if you have them.
Return this form to RIMS Executive Board, President Peter Feys
University of Hasselt, Agoralaan gebouw A, 3590 Diepenbeek, Belgium

The fellowship exchange program 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.

RIMS will support up to three to five fellowships annually, each with duration of one week, with a fellowship of 1000 €. Fellows are expected to identify themselves as representing a RIMS member centre (or as individual RIMS membership) prior to application.

For more information, visit here:

www.eurims.org/programs/the-rims-fellowship-program



Name: Laura Gonzalez Gonzalez
From: Spain
To: MS Setrid in Reykjavik, Iceland
The time you visited: 5-12 August 2013

Academic assessment:

Good

Personal assessment:

Excellent

Positive aspects during the stay at the centre:

There are many positive aspects during my stay at the centre. I only will mention the main ones. I had the opportunity to see that rehabilitation is an universal thing, in all places are using a little different techniques or complements but the feeling and the dedication and the vocation of people working is always the same, and the connection with the patients is also universal, I could feel how I could connect to them in spite of language, your smile and heart are the only language you need for it. I could learn how to use different technical aids we don't have in our centre, and I think It was positive also realize we are not alone in this fight against the bad part of a hard disease like these one. We are all in the same team. I think for the patients it was great to receive the visit of a person from so far away and feeling how important they are.

Negative aspects during the stay at the centre:

I really would like to stay more time, maybe a whole month is necessary for a better exchange.

General evaluation of the stay:

Excellent

Did you achieve the goal expected?

Yes

Could you recommend the centre?

Yes.

Any other comments on the visit?

I would like to mention Heba Magnusdottir like a great professional and excellent person who took good care of me with great kindness and helped me in all I needed.

Any suggestions on how to improve the functioning of the RIMS Fellowship Exchange Program (RIMS RFEP)?

The only suggestion its maybe that the stay could be a little longer.

Application form
RIMS Fellowship Exchange Program (RIMS RFEP)

Full name: Laura Gonzalez Gonzalez
Occupation: Physiotherapist
Centre: Fundacion Esclerosis Multiple Madrid (www.femmadrid.org)
Mailing Address: fisioterapia@femmadrid.org
fisioterapia8@femmadrid.org
Country: Spain
Email:
The centre I wish to visit: MS SETRID (Reykjavik, Iceland)
The time I wish to visit: 03/08/13- 18/08/13
The goal of the visit: I would like to learn from another professionals in Multiple Sclerosis rehabilitation in order to improve my practise and get inspired by new ways of rehabilitation in a different country with another way of life.
You or your centre have been RIMS member since: 2010
Do you belong to any of the RIMS SIG groups? If yes, which _____
What is your native language? Spanish
Are you able to speak English? Yes ☒ No ☐
Add your short CV and also additional recommendations if you have them.
Return this form to RIMS Executive Board, President Peter Feys

Fellowship Exchange Program



Name: María Dolores Gor

The centre you visited: KORM in Dabek (Poland)

The time you visited: 12-18 August 2013

Academic assessment:

Good

Personal assessment:

Excellent

Positive aspects during the stay at the centre:

Every member of the staff and the patients were willing to help me and make me feel comfortable during my visit. KORM is a very big centre which offers lots of different therapies to the patients. We don't have some of these therapies in FEM Madrid, so I could learn how to use them and the benefits you can achieve with them.

Negative aspects during the stay at the centre:

A week is a short time for the visit. I think I could have learnt even more if I had stayed longer. Also, some of the members of the staff spoke English, but not the patients, so the communication barrier was difficult sometimes. They don't have cognitive therapy in KORM, so I only had the chance to learn about physical and occupational therapy.

General evaluation of the stay:

Excellent

Did you achieve the goal expected?

Yes

Could you recommend the centre?

Yes.



RIMS ENDORSEMENT OF 'PRECEPTORSHIP ON REHABILITATION'

Organized by: SERONO SYMPOSIA

Venue: Valens, Switzerland

Date: 19-21 September 2013

Aim of the course:

Rehabilitation is an important component of multiple sclerosis (MS) management. Even though the therapeutic armamentarium is continually growing, MS still represents one of the most disabling neurological disorders which requires a multidisciplinary approach. In this context, rehabilitation plays a fundamental role in ameliorating the patient's quality of life by improving their independence in daily life and limiting disability during the entire course of the disease. The Preceptorship in rehabilitation will take advantage of the experience and facilities of the worldwide reference center in rehabilitation, led by Prof. Kesselring in Valens, Switzerland, to improve participants' knowledge of rehabilitation programmes for MS patients.

Learning objectives:

By attending this live educational course learners will be able to:

- List the main conditions that require a specific rehabilitative programme
- Measure patients disabilities and identify their needs in daily practice
- Plan the most appropriate rehabilitative approach tailored to patients' needs
- Estimate improvements at the end of the rehabilitative programme and define long-term monitoring applying ad hoc disability scales



Contact Information



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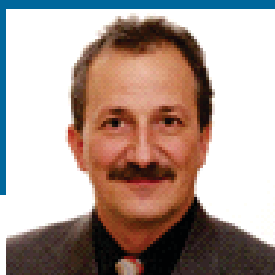
PHOTO BY
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RIMS-Rehabilitation in MS

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REHABILITATION IN
MULTIPLE SCLEROSIS

Financial Report 2013

ITEM	IN	OUT	TOTAL
Conference	9.000,00	8.300,00-	700,00
EMSP		7.500,00-	7.500,00-
Awards		800,00-	800,00-
Hamburg (2012)	9.000,00		9.000,00
Executive board		10.847,44-	10.847,44-
Meeting		9.694,80-	9.694,80-
CSMC		1.152,64-	1.152,64-
Grant Genzyme	10.000,00		10.000,00
Genzyme	10.000,00		10.000,00
Grant Novartis		16.934,45-	16.934,45-
Ogilvy		16.934,45-	16.934,45-
Grant Novartis ADAMS	63.718,33	46.639,85-	17.078,48
Novartis	60.000,00		60.000,00
Consultancy		2.800,00-	2.800,00-
ADAMS speakers fee	3.718,33	15.094,86-	11.376,53-
Expenses		1.600,00-	1.600,00-
Euractiv		5.000,00-	5.000,00-
Downtown Europe		22.144,99-	22.144,99-
Grants		7.402,86-	7.402,86-
Fellowship		2.402,86-	2.402,86-
RiGra		5.000,00-	5.000,00-
Membership	11.562,06	375,33-	11.186,73
Center	9.192,00		9.192,00
Individual	2.271,06		2.271,06
Student	99,00		99,00
Ogone		375,33-	375,33-
Office	504,98	2.164,77-	1.659,79-
Personnel		352,00-	352,00-
Costs banking		159,30-	159,30-
Expenses		34,69-	34,69-
Accountant (Bofidi)	504,98	1.618,78-	1.113,80-
Raising profile of RIMS		52.911,16-	52.911,16-
Consultancy		40.200,00-	40.200,00-
Telephone conference		427,94-	427,94-
Expenses		11.174,64-	11.174,64-
MS care		233,85-	233,85-
EMSP brochure		874,73-	874,73-
SIG		20.229,48-	20.229,48-
Mobility Limerick		5.854,48-	5.854,48-
Bladder, Bowel, Sexual Lyon		804,50-	804,50-
Cognition Barcelona		2.500,00-	2.500,00-
Communication Venice		524,00-	524,00-
Bladder, Bowel, Sexual Genua		1.440,00-	1.440,00-
Occupation Fraiture		1.606,50-	1.606,50-
Mobility Milan (2012)		7.500,00-	7.500,00-
Website		3.239,20-	3.239,20-
Maintenance		3.239,20-	3.239,20-
TOTAL	94.785,37	169.044,54-	74.259,17-

Current Balance

BE32 0015 0445 0802

1/1/2013	100.126,25 EUR
1/1/2014	25.867,08 EUR

Be76047051101195

1/1/2013	80.613,45 EUR
1/1/2014	81.281,96 EUR

Expected Funding

ECTRIMS - 35.000,00

**CORE FUNDING
FROM INDUSTRY - 20.000**



RIMS REHABILITATION IN
MULTIPLE SCLEROSIS

RIMS-REHABILITATION IN MS
UNIVERSITEIT HASSELT
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