

## MEETING CALENDAR

For information about these and other professional conferences see  
[www.docguide.com](http://www.docguide.com)

### 4th World Congress of Neurorehabilitation

February 12th-16th, 2006  
Hong Kong, China

For information: [info@wcnr2006.com](mailto:info@wcnr2006.com)

### Joint Meeting of MSIF, European MS Platform and the UK MS Society

April 20th- 23rd, 2006  
Manchester, England, UK

For information: [info@mssociety.org.uk](mailto:info@mssociety.org.uk)

### 20th Annual Conference of the Consortium of Multiple Sclerosis Centres (CMSC)

May 31st-June 4th 2006  
Phoenix, Arizona, USA

For information: [www.ms-care.org](http://www.ms-care.org)

### 11TH ANNUAL CONFERENCE OF RIMS BARCELONA 2006

The next annual meeting of RIMS will be held in collaboration with the world renowned Guttmann Centre in Barcelona, Spain from May 10th - 12th 2006. The executive board invites all members to participate and welcomes all contributions. The deadline for the submission of abstracts is March 21st 2006.

For more details see [www.rims.be](http://www.rims.be).

#### RIMS Annual Membership Fees

Centre:	400 Euro
Individual:	130 Euro
Student:	25 Euro
Company:	750 Euro

Current members who have not yet paid their annual membership fee are kindly asked to do so:  
International Bank Account Number:  
(IBAN) DE98 7002 0270 0665 8212 18  
SWIFT (BIC).HYVEDEMMXXX to:  
RIMS - Rehabilitation in Multiple Sclerosis.  
Bank: HypoVereinsbank AG Munchen

#### Join RIMS as a member

RIMS is a fruitful network for all professionals working in the field of MS. Therefore we encourage all MS Centres, MS Societies and individual professionals to join the network. If you want more information about RIMS or how to become a member you are welcome to contact Brita Loevendahl who is the "New Members Coordinator" for the RIMS Executive Board. She can be reached at 0045 27 11 78 81 or mail: [brita.loevendahl@mail.dk](mailto:brita.loevendahl@mail.dk). She will endeavour to get back to you as quickly as possible.

#### SIG Funding Opportunity

RIMS Special Interest Groups (SIG) may apply to the Executive Board for a maximum of 2,500 Euro for the purpose of organising interim meetings. 1,000 Euro will be paid to the organisers before the meeting as soon as an official programme with the preliminary budget has been sent to the president. 1,500 Euro will be paid out after the meeting as soon as a short report of the meeting has been delivered for placing on the website and for publication in Network

The amount is not cumulative and expires if not utilised within the RIMS financial year.

For more information please contact: [eija.luoto@ms-liitto.fi](mailto:eija.luoto@ms-liitto.fi)

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September 2005

EDITORIAL STAFF: Judith Lutz and Brigitte Rüegg

# Network

RIMS  
rehabilitation  
in  
multiple sclerosis

## NEW OFFICIALS ON BOARD – THE CHALLENGES ARE ONGOING

The 10th Annual Conference was held in May 2005 in Tallinn, Estonia. I strongly feel it was a very successful meeting attended by 300 professionals with diverse experience in MS. This conference again underlined the fact that RIMS has a broad remit, which incorporates all aspects of MS and its management from the very beginning of the disease. The "will-be-remembered" moments were dinner at a medieval Tallinn stone house and the real life feeling of the nearby museum village, where we could enjoy the folk dancing of young Estonian girls and boys.

Five new Executive Board members were elected. In this context I would especially like to express my gratitude to Dr. Claude Vaney, who preceded me as President, for his energy in developing new strategies for the future of our organisation. I will be only too glad to listen to his further advice in guiding our organisation forwards. It is my great pleasure to invite him to become a member of the RIMS Advisory Board.

I feel very happy that three members of the previous board continue to offer their services; Holger Albrecht as treasurer, Paul van Asch as secretary and Katrin Gross-Paju as an experienced board member. I am very happy to note that all new members have taken on responsibilities which will help develop RIMS. Our focus is on recruiting new members as well as keeping all members well informed about our activities. Judith Lutz has undertaken the editorial task of producing the RIMS newsletter, Network, twice a year. She will also act as a link between the Special Interest Group (SIG) chairpersons and the Executive Board. Brita Lövendahl will be responsible for membership issues and will be developing strategies for maintaining good and regular relations with the members. In order to help her with this Claudio Solaro will put together information describing the benefits of being a RIMS member. Ingrid Galan is very active in planning the next RIMS meeting in May 2006 in Barcelona.

I am hopeful that the next three years will show a growth in members, as well as increasing activities in the SIGs of a vivid multiprofessional nature, this latter being crucial for their success. In my mind, the rehabilitation of PwMS with high quality rehabilitation nursing should be regarded as at least as worthwhile as the current drug treatments.



The 11th RIMS Annual Conference in Barcelona 2006 will be the next time I hope to see you all. We have a great opportunity to organise the conference with a very experienced local partner, the Institute Guttmann, their enormous range of activities. I am sure that the programme will be most interesting and challenging for us all.

Eija Luoto, RIMS President

Network is the official newsletter of RIMS, a non-profit organisation of multiple sclerosis centres in Europe, bringing together all health care professionals involved in the care of persons with MS.  
<http://www.rims.be>

## EXECUTIVE BOARD (2005-2008)



Eija Luoto,  
Administrative  
director (FI):  
President



Paul van Asch, PT  
(B):  
Secretary



Holger Albrecht, MD  
(D):  
Treasurer



Katrin Gross-Paju,  
MD (EE)



Ingrid Galan, MD  
(SP)



Claudio Solaro, MD  
(I)



Judith Lutz, MD  
(CH)



Brita Loevendahl,  
Director (DK)

## SPECIAL INTEREST GROUPS

### Mobility

Dr. C. Vaney (CH), Chairman  
Dr. H. Albrecht (D), Co-chairman

Next meeting: 9th - 11th March 2006 in Masku,  
Finland

### Bladder, Bowel and Sexual Disorders

Prof. D. De Ridder (B), Chairman

### Psychology and Neuropsychology

Dr. P. Hämmäläinen (FL), Chairman  
Dr. A. Jonsson (DK), Co. chairman

Next meeting: 28th - 29th October 2005 in Genua,  
Italy

### Communication and Swallowing

Dr. G. Ganty (B), Chairman

### SIG Participation and Integration

R. Verdoodt (B), Chairman  
An van Nunen (B), Co-chairman

Next meeting: 21st-22nd October 2005 in Brussels,  
Belgium

### Occupation

M. Duportail (B), Chairman  
D.Kos (B), Co-chairman

Next meeting in Spring 2006 in Brussels, Belgium  
For more information please contact the SIG group  
coordinator: jlutzmultiplesklerose.ch

## RIMS MEMBERS WIN IN TALLINN

During the 10th RIMS Conference in Tallinn, Estonia  
in May 2005 prizes were awarded by the Scientific  
Awards Committee for outstanding contributions.

A summary of the best abstracts is provided here.

## Does peripheral cooling influence MS intention tremor?

P Feys, W Helsen, X Liu, H Albrecht, B Nuttin, P Van  
Asch, S Ilsbrouckx, M Duportail, P Ketelaer

Intention tremor in the upper limb obviously inter-  
feres with the execution of many daily life activities  
and is very difficult to treat. The aim of this study was  
to investigate the effect of sustained arm cooling on  
intention tremor in MS patients.

A cooling intervention was applied to the forearm at  
two different intensities.

Both cooling interventions reduced the overall tremor  
amplitude and frequency proportional to the cooling  
intensity. The tremor reduction persisted during the  
post-cooling evaluation period of 30 minutes.

These findings are clinically important because app-  
lying peripheral cooling might enable patients to per-  
form functional activities more efficiently.

**The committee comment:** This very important work  
received the prize for the best platform presentation.  
This is an interesting study showing one possible way  
to manage a very difficult symptom of MS - intention  
tremor. It is notable that the study was conducted by  
multidisciplinary teams from different centres and  
they concentrated on one method in physiotherapy.  
The study adds valuable scientific information about  
evidence based methods in physiotherapy.

## Executive functions and their rela- tions to depression in patients with multiple sclerosis: preliminary re- sults.

K Kompus, L Sema, A Toomela, M Kreegipuu,  
K Gross-Paju

Patients with multiple sclerosis (MS) often suffer from  
reduced performance in several cognitive domains,  
most prominent and perhaps also most widely stu-  
died of which are difficulties in memory. Depression,  
which often occurs in patients with MS, may further  
contribute to reduced cognitive functioning. We stu-  
died the effect of depression on the executive func-  
tioning of patients with multiple sclerosis (MS).

Patients with MS made more errors and repetitions  
on verbal fluency tasks, which suggest impairment of  
effective performance component of executive func-  
tions. Speed of information processing had no effect  
on the performance on verbal fluency task. Patients  
with MS also performed lower on Trail Making Test.  
However, no relationship between depression and  
performance on cognitive tasks was found in patients  
with MS; it may reflect the relative absence of severe  
depression among subjects - most of the subjects  
were mildly to moderately depressed.

**The committee comment:** The importance of this  
study was to clarify if executive functions are im-  
paired in PwMS and depression, hence producing  
false positive results. Unfortunately PwMS and se-  
vere depression were not included in the study group  
but as has been shown in earlier studies, most PwMS  
are moderately or mildly depressed and severe de-  
pression is uncommon. Therefore we can conclude  
for most PwMS that cognitive tests measuring exe-  
cutive functions are not influenced by depression

## Mental Health Inventory (MHI) and the Melsbroek Rehabilitation Pro- gram (MRP)

L Vleugels, S Reekmans, G Nagels, H Vertommen,  
S Ilsbrouckx

The aim of the study was to investigate the effective-  
ness of the Mental Health Inventory (MHI) during the  
rehabilitation program among the Dutch-speaking  
population. MHI's subscales Depression (D), Anxiety  
(A), Behavioural Control (BC) and Positive Affect (PA)  
were expected to be sensitive to the emotional chan-  
ges in MS patients participating in Melsbroek Reha-  
bilitation Program (MRP). The purpose of the study  
was to collect data for Belgian sample. The other im-  
portant aim was to examine the validity of MHI and  
to evaluate if MHI is sensitive enough to detect the  
effects of the rehabilitation program (MRP).

The results of the study proved that MHI is valid for  
the Belgian population and the validity was not lower  
(0.95) among PwMS who had cognitive dysfunction.  
The results demonstrated that changes in physical  
status were not the only variables evaluated by PwMS.  
Therefore, goal oriented professionals may underes-  
timate the effectiveness of rehabilitation for PwMS.  
The findings suggest that MHI is a culturally depen-  
dent but valid and reliable instrument, also useful in  
patients with mild, MS related cognitive dysfunction  
and sensitive to the multiple emotional effects.

**The committee comment:** This newly adapted  
measure seems to be a valuable tool measuring pa-  
tients' expectations and detecting the changes for  
PwMS as an individual, during the rehabilitation. The  
results also suggest that sometimes the specialists'  
opinion may not take into account the overall effect  
of rehabilitation on PwMS.

We would like to ask all members to check  
their entry on our website  
<http://www.rims.be>

Please click on Directory of Centres to find  
your entry and send any corrections or  
updates to our webmaster  
[ms-mels@rims.be](mailto:ms-mels@rims.be)