

SIG MOBILITY WORKSHOP during Annual RIMS Conference in Leuven, Belgium, May 2008

During the SIG Mobility workshop in Leuven, scientific topics were presented by C. Vaney, H. Van Tongeren and P. Feys and related to the multi-centre study topics of motor performance during the day and dual tasking interfering with motor performance. Twenty one participants from eleven countries registered on a participants list (Finland, Spain, Germany, USA, France, Belgium, the Netherlands, Latvia, Israel, Denmark, and Switzerland). Furthermore, the candidature of Paul Van Asch (Physiotherapist. B) as replacement for Dr. Holger Albrecht (G) as new co-chair of the SIG Mobility workshop was approved. Margit Boehmker (Physiotherapist G/I) is our webmaster.

The next in-between meeting of the SIG Mobility workshop will take place in Hasselt, Belgium (REVAL rehabilitation and research institute). The main topic is: "Effects of repetitive exercise programmes, including rehabilitation technology". Naturally, presentations of own study results/designs as well as discussion of papers are welcomed. Additionally, a visit to the Rehabilitation & MS Centre Overpelt, including housing units for independent living, is foreseen. The workshop will take place in November 2008 or 15-17 January 2009; please check the RIMS website during the summer for definite arrangements.

Report / Workshop of the SIG Psychology and Neuropsychology in Annual RIMS congress in Leuven, Belgium, May 9th, 2008

Around twenty active psychologists, neuropsychologists and other rehabilitation professionals interested in neuropsychological and psychological issues related to MS met

each other in the SIG meeting. Denmark, UK, Belgium, Netherlands, Spain, Finland and Canada were represented in the meeting.

The program consisted of three presentations and associated discussions. The first speaker was Professor Elke van Hoof from Vrije Universiteit, Belgium. She gave a talk entitled "Reliability and validity of prognostic riskfactors associated with interventions in multiple sclerosis: are there fundamental theoretical constructs to support their implementation in scientific research?" She pointed out several problems in using different rating scales and self-report questionnaires in patients with multiple sclerosis.

The next speaker was psychologist Gael Spruyt from Melsbroek Rehabilitation Centre, Belgium. He talked about early guidance in multiple sclerosis presenting the model used in his rehabilitation centre and described the benefits of the model with a case. The importance of early, multiprofessional guidance was agreed upon within the group.

The third speaker was neuropsychologist Anita Rose from the Walton Centre, Liverpool, UK. She talked about the preliminary results on her study on the "Perception of Cognitive Ability in Persons with Multiple Sclerosis (MS) and the Impact upon Caregiver Strain".

The next meeting of the SIG on psychology and neuropsychology is planned to be an in-between meeting in London on October 2008. The topics of the meeting will be models of early guidance in European countries as well as preparation of a cognitive manual. Because the evidence of the effects of neuropsychological rehabilitation on MS patients seem to be inconclusive, the SIG group has decided to collect the ideas related to cognitive rehabilitation in MS and put them in a cognitive manual. This project is planned to be started in the in-between meeting in London.

MEETING CALENDAR

14th RIMS Annual Conference

The next RIMS annual conference will be held in Genoa, Italy from 23rd to 25th April 2009

For more information visit our website: www.rims.be

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Network

RIMS
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in
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Greetings from the 13th Annual Conference

Dear members

It is my pleasure to inform you that 280 participants registered for our Annual Conference in the warm, sunny city of Leuven 8-10, May, 2008. Once more I would like to take the opportunity to thank our local organiser, Prof Dirk DeRidder and also to congratulate the National Multiple Sclerosis Centre in Melsbroek on its 50 th anniversary. Building up RIMS conference with such an expertise was a pleasure and I, as well as all the participants, found the programme interesting and stimulating.

During the General Assembly, three members of Executive Board stepped down having completed their two terms of office and the election of new members was held. Peter Feys, Physiotherapist, PhD (B), Dr Thomas Henze (D) and Victoria Mathews, RN (UK) were duly elected.

I wish to offer very warm thanks to the former Secretary Paul van Asch (B), to Dr Katrin Gross-Paju (EE) and to Dr Holger Albecht (D) for all their work and their contributions to RIMS. Ingrid Galan (ES), Claudio Solaro (I) as Treasurer, Brita Loevendahl (DK) as Member Coordinator and Dr Judith Lutz (CH) as SIG Coordinator, were elected to continue for their second term. Peter Feys agreed to become the new Secretary. It was also a pleasure to receive your trust for my second term as RIMS President.

During the conference the SIG Chairs, Co Chairs and Executive Board members held their joint meeting. Some changes were noted: Prof. DeRidder (B) left the Chair of SIG Bladder, Bowel and Sexual Dysfunction and the new Chair will be Dr Laura Lopes (I), she will be assisted by Piet Eelem, RN, (B), who takes over as Co-Chair. There was also a change in the SIG on Mobility as Dr Holger Albrecht had informed that he is no longer able to continue in office as Co Chair. Paul Van Asch, PT was elected to take over his position.

The traditional RIMS Awards of 500 Euros for Best Poster and Best Oral Presentation were nominated.

The Best RIMS Poster Award went to C Santoya, DFàbregas, MJaner, G Loyola, SI Sànchez, I Galan (E) for their poster „Risk factors and prevention of falls among people with multiple sclerosis. A preliminary study.“

The Best RIMS Oral Presentation Award went to D Gijbels, G Alders, T Broekmans, BO Eijnde, P Feys (B) for their poster „Ambulatory activity patterns in persons with multiple sclerosis: relationship with clinical mobility tests and effects of physical training programs“

A special CMSC award, consisting of an invitation to CMSC conference was given to Alon Kalron, Tel Aviv (Israel) for his poster " Short term rehabilitation improves gait in multiple sclerosis patients"

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>

Fellowship programme is about to start – fellows and centres wishing to be involved are needed!

RIMS is pleased to offer a Fellowship Exchange Programme (RFEP) that is intended to start during Autumn 2008.

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

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

In order to attain the fellowship, the fellow needs to fill in the application form. In addition, the centre the fellow intends to visit should show that they are able to organise the visit for up to one week. Following this, the RPEF Refunding form must be completed and sent to the RIMS Treasurer in order to achieve the fellowship. RIMS Executive Board expects a short Evaluation report following the visit and this should be sent to the Executive Board within three weeks of the visit.

The RFEP Application form, The RFEP Questionnaire, The RFEP Post Evaluation Form and the RFEP Refunding Form can be downloaded from www.rims.be/news

I wish you all pleasant and warm summertime!

Eija Luoto
RIMS President



The winner of the CMSC award, Alon Kalron, Tel Aviv (Israel) with Prof. Dirk De Ridder.

The new RIMS board members



Vicki Mathews is a Specialist Nurse Advisor to the MS Trust in the United Kingdom. She acts as an advisor for the Trust on education, information and research needs of people with MS, health and social care professionals and all those who are affected by MS.



Thomas Henze is a neurologist in Germany. In 2002 he was appointed head of the Rehabilitation Zentrum Nittenau in Bavaria. He is a member of the Medical Advisory Board of the German MS Society (DMSG) and has helped develop consensus guidelines on symptomatic MS treatment for the DMSG. www.ms-in-europe.com/w3p_dokumentearchiv/emsp_symptomatic_treatment.pdf.



Master in Physiotherapy (1994), with specialisation in neurological rehabilitation (1995) and PhD in Rehabilitation Sciences (2004)

Peter Feys is currently associate professor at the PHL/ University of Hasselt (Belgium), and is part of the REVAL research institute

Meeting of the SIG Communication and Swallowing during the annual RIMS Conference in Leuven, Belgium in May 2008

The session consisted of two presentations:

1. Protocol of treatment of swallowing disorders.
Rosa Terré
2. Assessment of communication in daily life in MS.
Marta Renom, Montserrat Martinell

The attendees of the SIG meeting were seven people from three different countries (Spain, Belgium and France).

1. Protocol of treatment of swallowing disorders

With the aim to elaborate a protocol for the treatment of specific swallowing disorders, we reviewed the different alterations in the oral and pharyngeal phases of swallowing and the treatment using specific strategies: compensatory strategies, oromotor exercises, postural and active manoeuvres.

With the objective of improving our understanding of this, we discussed the possibility of organizing a practical workshop on the treatment of swallowing disorders for a future occasion.

2. Assessment of communication in daily life in MS

With the aim of finding appropriate tools or procedures to assess communication in daily life in PwMS, a review of the available scales, both for MS and for other conditions was presented. Scales were divided into the following categories:

- Functional communication.
- Cognitive self-evaluation.
- Quality of life / participation.
- Fatigue.
- Pragmatics.

In addition, an introduction to the ICF core sets for MS was given and the suggestion that this be used as a framework in the treatment of communication and swallowing troubles in MS was accepted.

Future work proposed:

- Selection of those categories of the ICF core set for MS that should be included as relevant parameters in communication and swallowing;
- Review and linkage with the ICF core set of the presented scales.

We decided not to have an in-between meeting before the next RIMS. We agreed to remain in contact by mail in order to continue work on these topics.

Report: Rosa Terré

SIG MOBILITY IN-BETWEEN MEETING: Køge/Haslev MS Centre, Denmark, 4-5 April 2008

The SIG Mobility Meeting in Køge, Denmark (April 2008) was entitled "Daily life oriented evaluation and therapy", indicating the focus on patient-centred rehabilitation. This was an excellent topic, initiated by local organizer Hans Van Tongeren, and complementary to previous SIG Mobility meetings that had addressed the topics of impairment and activity level, as well as on clinical therapist opinion.

Twenty nine participants (26 physiotherapists, 2 doctors, 1 sociologist) from eleven different countries attended the in-between meeting. Countries included Denmark, Sweden, Finland, United Kingdom, Belgium, Italy, Spain, Poland, The Netherlands, Estonia, Switzerland, and Czech Republic). R.I.M.S., the Haslev Sclerose centre (Ida Rostgaard and Britta Løvendahl) and COWI are greatly appreciated as sponsors facilitating the realisation of this workshop. Thanks to these generous sponsors, we were able to pay one hotel night for each participant and additional night(s) depending on their active contribution (presentation) or sharing a double room, which are less expensive.

The workshop consisted of invited lectures on the workshop topics as well as presentation of our own studies, a clinical session on goal-setting with five patients with MS. There was also a collaborative session in which the content of a publication on the treatment of MS spasticity for "MS in Focus" was discussed and possible topics for multi-centre studies were presented. In fact, a first study on the effect on day development on motor performance (short and long walking capacity tests) will be prepared first by Peter Feys, while long term designs investigating the effects of dual tasking on walking and documenting the content of rehabilitation will be established by Vincent Degroot and Camilla Rasova, respectively. Any centres interested in participation are welcomed to contact the chairs of the SIG Mobility workshop.

There were also scientific presentations on topics such as psychosocial outcome measures (Dr. V. Degroot, NL), implementation of research in the community (MS Society UK, J. Petty), actigraphy measures (A. Romberg, F - D. Gijbels, G. Alders, B), walking capacity measures (C. Vaneij, CH), falls (C. Santoya, Spain), whole body vibration (B. Gebara, Melsbroek), effects of a physiotherapeutic programme (C. Rasova, C).