



**ANNUAL
REPORT
2018**

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Message from the president



Dear readers,

Looking back at the past year is really joyful, since we have been able to successfully roll out the activities that were part of our strategic plan. A plan that we devised in 2017 to support our mission to enhance activity, participation and autonomy of people with MS by developing and advocating evidence-based rehabilitation.

In 2018 we continued our core activities, as you can read in this annual report, such as the annual conference, the Special Interest Groups (SIGs), the RIMS grant and the fellowships. New was our locally organised educational activity that we developed to reach more clinicians who are involved in the rehabilitation of persons with MS. The foremost aim of this activity is to enable those clinicians who are not able to attend our other RIMS activities to benefit from the knowledge that is available within RIMS. All together, these activities have a clear purpose: to support the accomplishment of our vision that all people with MS throughout Europe have access to evidence-based rehabilitation when they need it.

Whether it was because of the city, the atmosphere of a university building, the quality of the content, or all of these factors combined, I don't know, but our annual conference in Amsterdam with

the theme 'MS rehabilitation across the lifespan' was a great success. We can proudly look back at the contributions of the excellent invited keynote speakers, and an extraordinary and touching honorary lecture of one of our former presidents, Eija Luoto. With slightly over 400 attendees we have set an all-time record! In 2018 all of the Special Interest Groups (SIGs) organized their in-between meetings and had developed very attractive and interactive programmes, which attracted 132 enthusiastic participants (7 - 62 participants per SIG) from 16 countries (3 - 13 countries represented per SIG). Also, we look back on a well-attended (58 delegates from 12 countries) first Workshop 'Rehabilitation in progressive MS' in Copenhagen that received very good feedback, which clearly shows that this newly developed RIMS activity has merit.

None of this would have happened if I were to do this alone. Thanks to the committed board members Giampaolo Brichetto, Christian Dettmers, Piet Eelen, Jenny Freeman, Daphne Kos, Jaume Sastre Garriga, Anders Skjerbaek; the active leadership of the SIGs, Paul van Asch, Carme Santoyo, Lousin Moumdjian, Inger Grethe Loyning, Sofie Ferdinand, Doreen McClurg, Sara Rinaldi, Jana Pöttgen, Anita Rose, Leonie Ruhaak, Anne Christin Rahn, Andrea Giordano, and the highly appreciated support of Seauton, RIMS was able to

successfully accomplish all of the activities presented in this annual report. As expected it has been inspiring and a pleasure to work together!

It is my pleasure to invite you to look through our annual report, because it contains a lot of detailed and useful information on our activities of 2018. I am confident that you will find parts of your liking that you will want to read more closely.

Best wishes,

Prof Vincent de Groot
RIMS President

About RIMS

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

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

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

OUR MISSION

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

OUR VISION

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

OUR AIMS

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



Our Members in 2018

EUROPEAN

Belgium
Czech Republic
Denmark
Finland
Germany
Ireland
Israel
Italy
Latvia
Netherlands
Norway
Poland
Romania
Slovenia
Spain
Sweden
Switzerland
United Kingdom

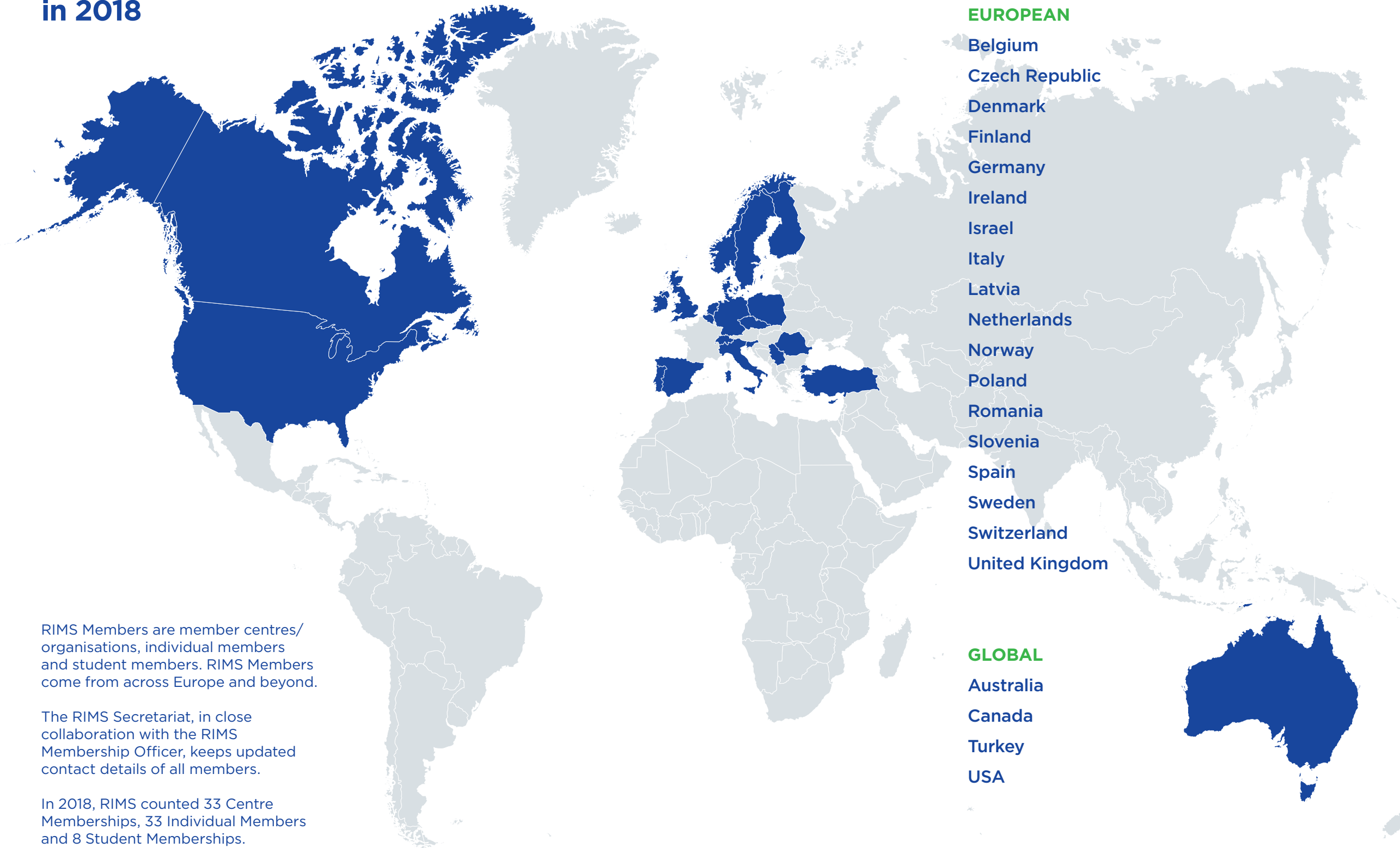
GLOBAL

Australia
Canada
Turkey
USA

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

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

In 2018, RIMS counted 33 Centre Memberships, 33 Individual Members and 8 Student Memberships.



The Executive Board 2017-2020

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



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

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

Special Interest Groups (SIG)

Special Interest Groups (SIG's) aim to promote research, stimulate evidence-based rehabilitation and improve the management of persons with MS and their caregivers. Traditionally, an intensive 'in-between' meeting of 1,5 to 2 days takes place between conferences. During 'in-between' SIG meetings at one of the member centres across Europe, there are scientific and clinical presentations on a chosen topic as well as free presentations. A clinical or practical session (e.g. patient cases, demonstration of technology; visit to a centre) is commonly also organised.

Mobility

Chair

Paul Van Asch, Belgium
paulvanasch@yahoo.com

Co-chairs

Carme Santoyo, Spain
csantoyo@cem-cat.org
&
Lousin Moumddjian, Belgium
lousin.moumddjian@uhasselt.be

Bladder, Bowel & Sexuality

Chair

Doreen McClurg, United Kingdom
Doreen.McClurg@gcu.ac.uk

Co-chair

Sara Rinaldi, Italy
sara.rinaldi@aism.it

Psychology & Neuropsychology

Chair

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

Co-chair

Anita Rose, United Kingdom
draerose@btinternet.com

Communication & Swallowing

Chair

Leonie Ruhaak, Netherlands
lruhaak@nieuwunicum.nl

Co-chair

Francesca DeBiagi, Italy
Francesca.debiagi@
ospedalesancamillo.net

Occupation

Chair

Inger Grethe Loyning, Norway
ingergrethe.loyning@mssenteret.no

Co-chair

Sofie Ferdinand, Belgium
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Patient Autonomy

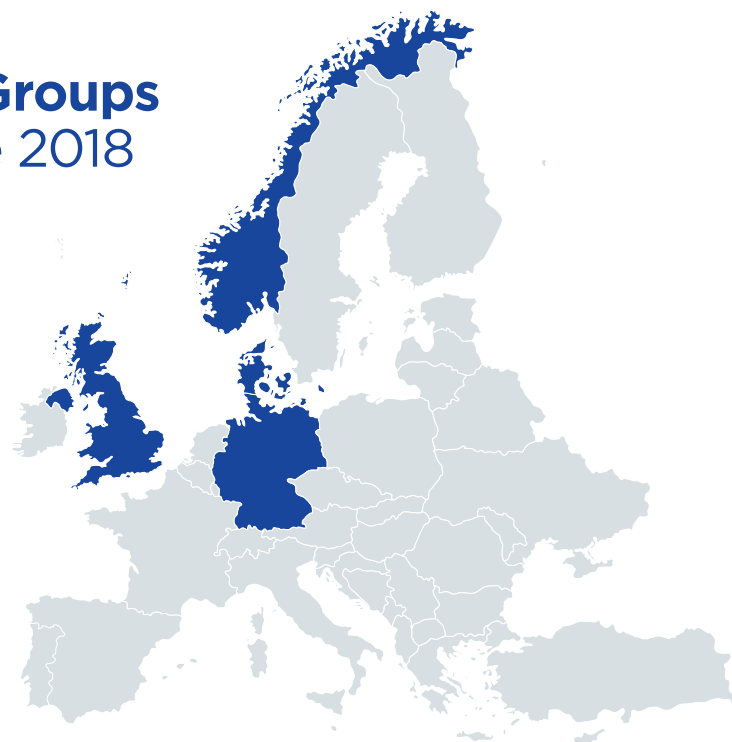
Chair

Anne Christin Rahn, Germany
a.rahn@uke.de

Co-chair

Andrea Giordano, Italy
andrea.giordano@istituto-besta.it

Special Interest Groups Meeting Schedule 2018



SIG Psychology & Neuropsychology
 June 22, 2018
 Hamburg
 Germany



SIG Mobility
 September 28-29, 2018
 Glasgow
 Scotland



SIG Bladder, Bowel & Sexuality
 October 26, 2018
 London
 UK



SIG Occupation
 November 23-24, 2018
 Haslev
 Denmark



SIG Patient Autonomy
 November 23-24, 2018
 Berg
 Germany



SIG Communication & Swallowing
 December 7, 2018
 Haslev
 Denmark



SIG Report Psychology & Neuropsychology



In-between meeting for SIG Psychology & Neuropsychology
 June 22, 2018
 Hamburg, Germany



About us

The SIG Psychology and Neuropsychology started as a Clinical Care Committee of Psychology and Neuropsychology in 1997 during the RIMS meeting in Bad Winzheim. The first chairman of the group was Rudi Vermote and co-chair Dawn Langdon. Since 2001 the group was lead by Päivi Hämäläinen and Agnete Jonsson (chair and co-chair, respectively). Liina Vahter has been chair since 2010 helped out by co-chair Anita Rose since 2011. Liina was leading the group until 2015 and Anita was her Co-Chair. From 2015 the Chair is Jana Pöttgen with again Anita as Co-Chair.

The idea of the group is to gain and maintain contemporary scientific knowledge about psychological and neuropsychological issues in MS and to share practical experience about everyday clinical work in different European countries within the RIMS network. The main role of our SIG is to provide evidence-based information regarding psychological and neuropsychological impairment in MS and its rehabilitation opportunities for RIMS members and other persons who are interested in this field. Our international collaboration is the best platform for team work.

The meetings have both lectures and case presentations with open discussion. To integrate current scientific knowledge into daily work is one of the main issues. Own international scientific projects are increasingly coming into focus.

The action plan for the coming years is to finish the CompACT validation project, to publish the results in a scientific journal and to generate new projects we are interested in and we can work on in an international context. New interested psychologists and neuropsychologists are welcome and everybody who is interested in being involved in our research projects is invited to take part. Please send an e-mail to: j.pottgen@uked.de

In-Between Meeting

Where?
 Hamburg, Germany

When?
 June 22, 2018

Topic?
 Acceptance and Commitment Therapy

Participants
 Jana Pöttgen (SIG Chair) (DE), Anita Rose (SIG Co-chair) (UK), Steffi Lau (DE), Gesa Pust (DE), Hans Bock (DE), Anja Behrens (DE), Thorsten Schütze (DE), Gabi Weineck (DE), Ambra Giovannetti (IT), Laurentiu Lazar (RO), Jannie Engelbrecht (DK), Mette Harpsoe Engel (DK), Wim van de Vis (NL), Cristina Bungardean (RO), Mieke d'Hooge (BE), Michelle Pirard (BE)

SIG Report Psychology & Neuropsychology

Summary of the meeting

The workshop was mainly held by professor Pakenham. He started with an overview: 'Third Wave Cognitive Behavioral Therapy – Acceptance & Commitment Therapy' and gave an introduction in ACT (History, Psychological Flexibility Framework and Associated Research).

Ambra Giovannetti presented the READY It MS project that she is running in Italy (the study follows a phased approach, as suggested by the Medical Research Council (MRC) framework for developing and evaluating complex interventions), to inform RIMS colleagues (all involved in the psychological/neuropsychological rehabilitation in MS) about European research on ACT and MS. First results are available and show positive effects on resilience parameters.

READY (Resilience for Every Day) for MS = ACT based resiliency training targets key protective resilience factors:

- Positive emotions / acceptance
- Cognitive flexibility
- Coping strategies
- Meaning
- Social support

She also presented the CompACT for MS project, which is supported by the RIMS Grant. The aim of this multinational (Italy, Germany, Spain) project is the translation and validation of the CompACT. The CompACT is a questionnaire to assess ACT-related processes. Both projects created quite an interest within the group. Colleagues from other countries and centers, expressed their interest in joining the projects and possibilities of collaboration were discussed.

After the introduction Prof. Pakenham presented the ACT core components:

- Defusion
- Acceptance
- Contact with the present moment
- The Observing Self
- Values
- Committed action

He introduced many practical examples for a better and more comprehensive understanding of how to use ACT components for psychological rehabilitation, followed by a role play with Jannie Engelbrecht pretending to be one of her MS patients.

Discussion:

Ready for MS project and the CompACT for MS project (RIMS-Grant-project with Spain, Italy, Germany) All participants (from Belgium, UK, Denmark, Netherlands, Romania) showed serious interest to participate in the validation of the CompACT. All RIMS-members are interested in the READY for MS project. More structured moments for sharing knowledge on ACT and exchanging experiences on its application with people with MS are needed, particularly to let other MS or rehabilitation centres in Europe to acquire the necessary expertise and apply ACT evidence based intervention, such as "READY for MS", into the rehabilitation centers.

All participants reported high level of satisfaction with the workshop and asked for more exchange, knowledge and practical networking related to psychological topics and especially related to AC.

Future Plans & Meetings

3-hour workshop within the RIMS Annual Conference in Ljubljana on June 20, 2019.

SIG Psychology and neuropsychology in-between meeting (date and time to be defined)

Currently working on a international validation (Italy, Spain, Germany) of the CompACT Questionnaire funded by a RIMS grant.

SIG Report Mobility



In-between meeting for SIG Mobility
September 28-29, 2018
Glasgow, Scotland



About us

The SIG Mobility consists predominantly of physiotherapists complemented by medical/rehabilitation doctors, researchers and adapted exercise specialists. It focuses its activities not solely on mobility issues in MS, but also on – for example – physical rehabilitation methodologic approaches, exercise training or technological rehabilitation innovations. The group has established its role as an active RIMS actor e.g. in terms of a number of successfully implemented European multi-center studies/projects.

In-Between Meeting

Where?

Glasgow, Scotland
United Kingdom

When?

September 28-29, 2018

Topic?

Rehabilitation in MS:
Innovation in Research
and Practice

Participants

62 delegates from 13 countries

SIG Report Mobility

Summary of the meeting

The theme of the 21st SIG Mobility Meeting, held at Glasgow Caledonian University, was “Rehabilitation in MS: innovation in research and practice”. This meeting was attended by 62 delegates from 13 countries. The 2-day programme included 6 keynote and 16 free-paper presentations covering work related to: the evaluation of physical activity and exercise interventions on physical and cognitive function; investigating the influence of factors such as ageing, balance, and physical activity on mobility in MS; and the development and evaluation of clinical services to improve mobility in people with MS.

In addition, 4 practical workshops offered delegates the chance to learn more about orthotics assessment and Pilates for MS at Revive MS Support, the measurement of energy expenditure, and physical activity monitoring with an emphasis on developing specific metrics for MS populations.

Delegates were also introduced to the city of Glasgow through a full social programme that included a civic reception in Glasgow City Chambers – an iconic landmark dating back to the early 1880’s – and traditional ceilidh dancing at Sloans, Glasgow’s oldest pub.



In-between meeting for SIG Mobility
September 28-29th, 2018, Glasgow, Scotland

Future Plans & Meetings

3-hour workshop within the RIMS Annual Conference in Ljubljana on June 20, 2019.

SIG Mobility in-between meeting in Tel-Aviv (Israel) with Alon Kalron serving as the host.
Date: October 28-29, 2019
Place: Tel-Aviv University & Sheba Medical Center
Topic: TBC

SIG Report Bladder, Bowel & Sexuality



In-between meeting for
SIG Bladder, Bowel & Sexuality
October 26, 2018, London, UK



About us

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

In-Between Meeting

Where?
London, UK

When?
October 26, 2018

Topic?
Innovations in the treatment of the neurogenic bladder and bowel

Participants
Doreen McClurg (UK) (SIG Chair), Sara Rinaldi (IT) (SIG Co-chair), Nikki Cotterill (UK), Collette Haslam (UK), Jalesh Panicker (UK), Piet Eelen (BE), Tamsyn Street (UK), Karen Oksnevad (NO), Agnete Gade (NO), Marco Dellcava (IT)

SIG Report

Bladder, Bowel & Sexuality

Summary of the meeting

We held a SIG meeting at the last RIMS conference in Amsterdam where we had presentations by Laura Lopes and Piet Eelen. During this meeting Doreen McClurg agreed to become the SIG Chair and Sara Rinaldi the vice-Chair.

A SIG in-between meeting was held in London in October with approximately 20 attendees. The programme included presentations from Dr Nikki Cotterill, Tamsyn Street, Piet Eelen, Doreen McClurg, Jalesh Panicker and Collette Haslam. We also had a short presentation on transanal irrigation by representatives from Coloplast who sponsored the lunch. The discussions were vibrant and we were able to learn a lot from each other.

Future Plans & Meetings

3-hour workshop within the RIMS Annual Conference in Ljubljana on June 20, 2019.

During the meeting we will be discussing our proposed projects for next year which will include another SIG in-between meeting and developing patient information tools and/or a bladder education programme.

SIG Report

Occupation



In-between meeting for SIG Occupation
November 22-24, 2018
Haslev, Denmark



About us

The **SIG Occupation** is an interdisciplinary network of health care professionals with an interest in enhancing activity and participation for persons with MS. We welcome OT colleagues who are clinicians, researchers and educators. Our overall goal is to unite evidence-based and practice-based knowledge and skills and to explore the ways in which gaps in knowledge can be presented in order to enable, enhance and empower participation in persons with MS.

We have two meetings per year:

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

In-Between Meeting

Where?
Haslev, Denmark

When?
November 22-24, 2018

Topic?
2+2=5 — The synergies of multidisciplinary rehabilitation

Participants

Inger Grethe Løyning (NO) (SIG Chair), Sofie Ferdinand (BE) (SIG Co-chair), Lena Lundman Myrlund (SE), Valeria Bergamaschi (IT), Jelka Jansa (SI), Isaline Eijssen (NL), Heidi Marie Visby Jacobsen (DK), Hellemai Andersen (DK), Sara Rasselberg (DK), Jytte Rose Jakobsen (DK), Christina Mortensen (DK), Inge Gjerrild Soegaard (DK), Charlotte Seistrup Krogh (DK), Anne Dyreborg (DK), Stine Thorup Nielsen (DK), Lene Munch Kallmayer (DK), Marijke Duportail (BE), Joke Raats (BE), An Cleuren (BE), Jeanette Richwood (NO), Hilde Ryg (NO), Daphne Kos (BE), Heleen Beckerman (NL)

SIG Report Occupation

Summary of the meeting

If two words could summarize the meeting it would be “Synergy effects”. The programme included both theoretical lectures and practical workshops, we experienced that theory and practice are better together.

Trying to use the TIDieR checklist in small groups was fun and frustrating, but gave inspiration to take home to our clinical practice. We got hot news on the results from the Danish RCT on effects of multidisciplinary rehabilitation. Presentations of vocational rehabilitation (VR) in two European countries taught us about synergy effects of teamwork in VR. We participated in an inspirational neurological music therapy session and learned about the synergy effects of music to our brain. Presentations on resilience, clinical pathways, synergy effects of multidisciplinary rehabilitation, the role of the occupational therapist in multidisciplinary team and the use of Armeo Spring for Arm training completed the scientific program.

In addition, we were well taken care of by the local organizers, in beautiful environments both at the venue and in the cozy town of Ringsted. The two-day meeting gave good opportunities to discuss practice, exchange ideas, be inspired and make new friends and colleagues in the RIMS network.



Future Plans & Meetings

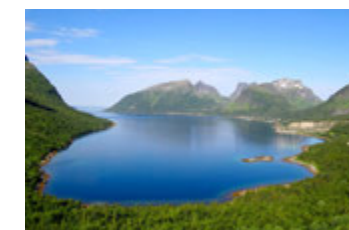
3-hour workshop within the RIMS Annual Conference in Ljubljana on June 20, 2019.

SIG Occupation in-between meeting in Genova (Italy) with AISM as host.
Date: November 8-10, 2019
Place: AISM Genova
Topic: TBC

SIG Report Patient Autonomy



In-between meeting for SIG Patient Autonomy November 23-24, 2018 Berg, Norway



About us

OVERALL GOALS

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

OUR AIMS

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

In-Between Meeting

Where?

Berg, Germany

When?

November 23-24, 2018

Topic?

The autonomous MS patient – Defining evidence gaps and setting an agenda for new collaborations

Participants

Anne Rahn (DE) (SIG Chair), Andrea Giordano (IT) (SIG Co-chair), Anna Barabasch (DE), Sascha Köpke (DE), Ambra M Giovannetti (IT), Christoph Heesen (DE), Richard Nicholas (UK), Emma Nicholas (UK), Birgit Basedow-Rajwicz (DE), Ingo Kleiter (DE), Carolin Festner (DE), Insa Schiffmann (DE), Alessandra Solari (IT), David Wilkie (UK)

SIG Report Patient Autonomy

Summary of the meeting

Fourteen health professionals and researchers (neurologists, psychologists, nurses, health scientists and a pharmacist) from three European countries participated in the 2018 SIG interim meeting, which was entitled 'The autonomous MS patient - Defining evidence gaps and setting an agenda for new collaborations'. We used this meeting to define where we stand at the moment regarding "patient autonomy in MS" and to find ideas where to go next. Therefore, updates on existing projects guided by the MRC framework to locate the evaluation status of different projects were given and fruitful discussions of those projects provided further guidance. An overview on information provision and rehabilitation programmes for people with primary progressive (PPMS) was also presented in order to define research gaps.

Ingo Kleiter showed us and gave a presentation of, the Marianne-Strauß-Klinik (<https://www.msklinik.de/>), which is a specialised clinic for PwMS. Birgit Basedow-Rajwich, also from the Marianne Strauß-Klinik, who is a palliative care (PC) specialist provided information on the PC services at the clinic. As a couple of members are involved in the production of an EAN guideline on PC for people with severe MS (lead by A. Solari) and Emma Nicholas, who is a PC nurse, presented her Master thesis project on this topic, PC for PwMS was discussed in much detail. It was reflected what makes PC special in MS and that it is therefore necessary to develop tailored interventions for PwMS.

Further, David Wilkie showed us a 2 min-movie to motivate PwMS to think about immunotherapy, which led to a discussion on video-based engagement strategies for PwMS, feedback on the movie as well as possible next steps to be considered in this field.

First results of ManTra ('Managing the transition to secondary progressive MS'), a project led by A. Solari (participating countries: Italy and Germany), which aims to develop and test a user-led resource for newly diagnosed people with SPMS, were provided and a discussion on the online survey results and candidate resources followed.

Finally, we discussed three project ideas in more detail: 1) Motherhood choice in MS, 2) Information needs of people with PPMS as well as intervention development, and 3) Advance care planning in severe MS. In the next few months, we will develop the three project ideas and present them to the whole SIG 'Patient Autonomy' group during the next Annual RIMS Conference, in order to choose one/two SIG project(s) to work on. The possibility to apply for the RIMS RiGra grant was also discussed.

In summary, we had a very informative meeting with in depths discussions leading to potentially new collaborations between countries and we identified three topics as ideal areas for future SIG "Patient Autonomy" projects.

Future Plans & Meetings

3-hour workshop within the RIMS Annual Conference in Ljubljana on June 20, 2019.

We plan to have a new multinational project on "patient autonomy". Therefore, we will develop 3-4 project outlines based on our project ideas discussed at the last interim meeting. These outlines will be circulated in the group and discussed during our meeting in Ljubljana. Afterwards, we will work on one or two projects, and we will apply for funding.



David Wilkie presents his project to the SIG.

SIG Report Communication & Swallowing



In-between meeting for SIG Communication & Swallowing December 6-7, 2018 Haslev, Denmark



About us

The SIG Communication and Swallowing consists of a small group of speech and language therapists, occupational therapists and linguists coming from different countries in Europe, who are working with persons with Multiple Sclerosis (MS). The aim of our group is to exchange experiences on assessment and treatment in communication and swallowing. Moreover we would like to foster research in MS by developing projects together (for example: Translation and Validation of the DYMUS questionnaire). It's always exciting to network and exchange knowledge. During the year we keep in touch by e-mail and Skype meetings using our best English. Once a year we organize a 2 days meeting which is supported by RIMS and takes place each year in a different location.

BACKGROUND FOR THE ESTABLISHMENT OF THE COMMITTEE

A questionnaire sent to European hospitals and rehabilitation centres for PwMS (reported during the MARCH Congress in Paris - 1996) was a good opportunity to develop links between Speech Therapists and create an international group on Communication & Swallowing Disorders in MS. The lectures were published in "Communication and Swallowing Disorders" edited by M. Charlier and P. Ketelaer, 1996. The group on Communication and Swallowing Disorders was born within the MARCH programme in 1996 and contributed to the publication of "A problem-Oriented Approach to Multiple Sclerosis", Ketelaer P, Prosiegel M, Battaglia M & Messmer Uccelli M (Edts) Acco, Leuven/Amersfoort, 1997. Because of an important need for specific assessment and rehabilitation techniques, all members of the group decided to extend the activities after the MARCH programme.

In-Between Meeting

Where?
Haslev, Denmark

When?
December 6-7, 2018

Topic?
Moving from evidence to daily practice

Participants
Leonie Ruhaak (NL) (SIG Chair), Julie Decondé (BE), Anne Dyreborg (DK), Leena Maria Heikkola (FI), Pia Nielsen (DK), Louise Nørgaard (DK), Sara Winther Rasselberg (DK)

SIG Report Communication & Swallowing

GOALS

Because of the very small representation of Speech Therapists specialised in MS, the primary goals of our CCC are recruiting colleagues in Europe, improvement and sharing of knowledge and experience about the treatment of respiratory diseases, voice and speech disorders, neurolinguistic and cognitive communication problems, swallowing disorders, development of a common and specific evaluation of the communication and swallowing disorders, information and implication of other disciplines in the different rehabilitation processes of communication and swallowing disorders.

Summary of the meeting

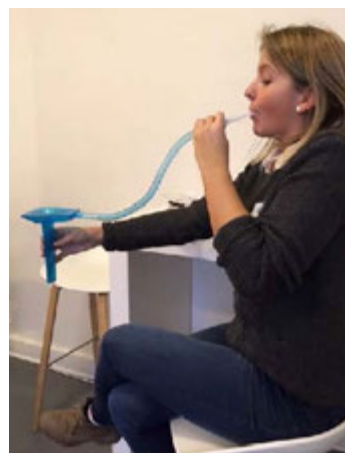
The in-between meeting was organized in collaboration with the MS Hospitals Denmark. Thanks to our local organizer, Louise Nørgaard, we were able to have an in-between meeting organised on short term. Four occupational therapists, two speech therapists and one linguist attended the meeting. The programme was based on the theme "Moving from evidence to daily practice". The focus was on different practice routines and challenges in each center and we presented our current (research) projects.

Activities:

- An introduction to the MS Hospitals of Denmark was given by their director Brita Løvendahl. We learned that in Denmark swallowing rehabilitation is assigned to occupational therapists instead of speech therapists!
- Sara gave us an insight of their working routines in swallowing rehabilitation, which was a nice step to exchanging experiences and gaining ideas. The morning ended with a tour through the MS hospital.
- Then Julie informed us about respiratory functions and treatment options using illustrative examples and demonstrations.
- Leena Maria shed a light on cognitive fatigue and language problems with a research study on semi-spontaneous oral narratives.
- Leonie emphasized the need for accurate screening instruments in dysphagia and showed possible innovative treatment options. We ended this inspiring day with a discussion on quality of life related to dysphagia.

Future Plans & Meetings

- 3-hour workshop within the RIMS Annual Conference in Ljubljana on June 20, 2019.
- SIG Communication & Swallowing in-between meeting in Stockholm (Sweden) with Fredrik Sand serving as host. Date: Autumn 2019
Place: Stockholm, Sweden
Topic: TBC



Julie Decondé demonstrating respiratory training.

23rd Annual RIMS Conference

The 23rd Annual RIMS Conference, 'MS Rehabilitation Across the Lifespan' was held in Amsterdam, The Netherlands on 31 May - 2 June 2018.

The conference welcomed 405 delegates from 30, mostly European countries, 13 speakers, 38 platform presentations and 48 poster express presentations. The meeting and programme were developed in close collaboration with the VU University MS Center Amsterdam (VUmc).

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

Special thanks also goes to NeuroCompass for its extensive report on the conference. It can be found at the following webpage: <https://neuro-compass.education/en-gb/highlights-from-the-23rd-annual-rims-conference-2018/>

RIMS prize winners

Best Poster Award
Sjoerd Timmermans (NL)
Jacqueline R. Mhizha-Murira (UK)
Andrea Weise (CH)

Best Oral Presentation
Lars Hvid (DK)
Charly Keytsman (BE)
Insa Schiffmann (DE)



23rd Annual RIMS Conference

SIG meetings

The following SIGs held a meeting during the conference on May 31st, 2018 from 16:00 – 19:00.

SIG Patient Autonomy

- Update MANTRA
- Update UMIMS
- Update Palliative Care Guidelines
- Update WEMOMS
- Update patient immunotherapy handbooks
- Project update online prognosis counseling
- Shared meeting with SIG Psychology & Neuropsychology

SIG Communication & Swallowing

- Background on communication and swallowing in MS
- Case report
- Discussion on multidisciplinary approach of communication and swallowing
- Organisational aspects

SIG Mobility

- General information & SIG Mobility chairmen election
- Spasticity in MS – introduction
- Spasticity in MS – panel discussion
- Practical session; adapted fitness boxing in sitting position

SIG Psychology & Neuropsychology

- Presentations and discussion:
 - What is new in MS fatigue and rehabilitation
 - What is new in MS cognition and rehabilitation
 - What is new in MS psychology and rehabilitation
- Acceptance and Commitment Therapy (ACT)
- Shared meeting with SIG Patient Autonomy: ComPact – Comprehensive assessment of Acceptance and Commitment Therapy (Italian-Germany-Spain)

SIG Bladder, Bowel & Sexuality

- Sexual dysfunction and rehabilitation approach:
 - Management in the MS centers
 - Presentations of questionnaire draft to study the sexual dysfunction in European MS centers

SIG Occupation

- Guideline for Occupational therapy in MS
- Synergies between OT research & OT practice
- MS and work
- Perspectives on Long Term Care among People with MS
- Characteristics of Upper Limb Rehabilitation in MS
- The patient pathway into MS hospitals in Denmark

RIMS teaching courses

Fatigue Management

May 31st, 2018

Respiratory Training

May 31st, 2018

General Assembly

Was held on June 1st, 2018 from 17:10-18:25, in the plenary room at the VU Amsterdam.



1st RIMS Workshop

The 1st RIMS Workshop, 'Rehabilitation in Progressive MS' was held in Copenhagen, Denmark on 6 December 2018.

With special thanks to our host and board member Anders Skjerbaek, we were able to have a very successful first edition of our 'Going local' tour. We were able to bring together **58 delegates from 12 countries**, giving all of us the opportunity to interact with healthcare professionals, researchers and patient representatives sharing knowledge and experiences on topics related to rehabilitation in Multiple Sclerosis.

We started with a welcome by our RIMS president, Vincent de Groot and our host, Anders Skjerbaek. The programme contained lectures and practical session (which was a lot of fun, see pictures).

LECTURES:

KEY NOTE I: Symptoms and Issues in Progressive MS Vincent de Groot

Practical session 1 (rotating sessions)

1. Physical Outcome Measures in MS - Anders Skjerbaek
2. Managing Time and Energy in Daily Life - Daphne Kos
3. Dysphagia in MS - Leonie Ruhaak

Patient Testimonial by Tanja Lindster

KEY NOTE II: Rehabilitation in Progressive MS Jenny Freeman

Practical Session 2 (rotating sessions)

1. Industry Workshop by LEMCO
2. Neuropsychological Rehabilitation - Cognitive Training and other Techniques - Päivi Hämäläinen
3. Management Techniques Bladder and Bowel Problems - Piet Eelen

KEY NOTE III: Implications of Exercise in Progressive MS Ulrik Dalgas

Recordings will be available on the website (www.eurims.org)

We are planning to have a 2nd RIMS Workshop at the end of 2019. More details (location, programme,...) will be announced during our Annual Conference in Ljubljana (and on our website).



RIMS Grant Programme

RiGra2020: Criteria for Applications

The programme aims to facilitate collaborative projects, particularly between RIMS members from different centres and countries, in the domain of MS rehabilitation.

Mandatory criteria

- The applicant must be a RIMS member (at the individual or center level) at the time of submission.
- Only electronic submissions are accepted.

Additional (non mandatory) criteria

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

Grant amount

In the 2019 call, one project will be granted financial support.

Deadlines

Submission Deadline:
1st December 2019, 23h45
Application details can be found on the RIMS website at Career advancement:
www.eurims.org

Announcement winner

January 2020

RIMS Grant Application 2018 Winner

RIMS Grant Application 2018 Winner: Ambra Mara Giovannetti

Unit of Neuroepidemiology, Foundation IRCCS Neurological Institute C. Besta; School of Psychology, Faculty of Health and Behavioural Sciences, University of Queensland

A cross-country validation of the Comprehensive assessment of Acceptance and Commitment Therapy processes (CompACT) for its use with people with multiple sclerosis - "CompACT for MS"

Co-Applicants:

- **Alessandra Solari**
Unit of Neuroepidemiology,
Foundation IRCCS Neurological Institute C. Besta
- **Kenneth Pakenham**
School of Psychology, Faculty of Health and Behavioural Sciences, University of Queensland

Project AD@MS

Project Progress 2018

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

Survey data from 1027 people with MS, which had been collected via the website of the German MS society and mailing lists in 2017, has been descriptively analyzed in 2018. Based on a staging algorithm, 52.8 % of survey participants have been classified as long-term regularly active, 12.51% as currently regularly active and 34.69 % as not regularly active. Descriptive analysis showed differences between groups concerning possible determinants of long-term adherence to physical activity. Long-term active patients perceived less environmental barriers and more social support, were less disabled, had a more intrinsic type of motivation, showed better behavioral self-regulation and had higher self-efficacy scores. Results of the descriptive analysis have been presented at the RIMS annual meeting in Amsterdam, June 2018.

Based on the COM-B model by Michie et al. and the Theoretical Domains Framework by Cane et al., a comprehensive path model has been developed for statistical analysis. Path model analysis is ongoing. Results will be presented at the RIMS annual meeting in 2019.

In July 2018, a paper that describes the results of the ADAMS-PA qualitative study (expert interviews) has been submitted to Disability & Rehabilitation. It has been accepted and will be published in 2019 (<https://doi.org/10.1080/09638288.2019.1584253>)

Moreover, we successfully initiated collaboration with other euRIMS member countries for survey replication. In 2018 the ADAMS-PA survey was started in Ireland (Collaborator: Susan Coote). We expect national surveys to be carried out in Czechia (Collaborator: Klára Novotná) and the US (Collaborator: Robert W. Motl) in 2019.

Project APPECO

'Applying Evidence with Confidence in MS Rehabilitation'

Lead: Martin Heine,
Heleen Beckerman,
Vincent de Groot

AIM

The RIMS project 'Applying Evidence with Confidence in MS Rehabilitation, or so-called APPECO project, is a living documentation system aiming to translate scientific evidence about MS rehabilitation treatments to clinical practice, and can be found at www.appeco.net. The most important goal of this open access application is to make evidence in MS rehabilitation real-time accessible, and to support health professionals worldwide in treating patients with MS. It bridges the gap between systematic reviews and clinical practice, and offers a solution for MS therapists who do not have the ability to assess systematic reviews on their merits and could generalize the findings to their clinical practice.

PROGRESS SINCE INCEPTION

In 2015-2018, we were able to develop an online platform for the identification, inclusion, data-extraction, analysis and reporting of randomized clinical trials on MS rehabilitation for fatigue and cognitive impairments. Thus far, more than 140 clinical trials have been added to APPECO, already providing insight into the effectiveness of a range of interventions on these important patient symptoms. The financial support of Sanofi Genzyme is highly appreciated.

The great amount of scientific literature continuously being published makes it difficult for any health professional to keep his/her knowledge up to date. A possible aid would be a "living documentation system", to which relevant data from new publications is continuously added. This would make it possible for a broad medical user group to always have the latest evidence on various interventions available. The target users of APPECO are all physiotherapists, occupational therapists, psychologists, clinical neuropsychologists, social workers, speech therapists, MS nurses, rehabilitation physicians, neurologists, residents and students, further summarized as MS therapists, working with patients with MS in various community-based and institutional health care settings in- and outside Europe. Health care professionals can make a synthesis of the information on their turn, to inform persons with MS on evidence-based rehabilitation treatments.

In 2018, the APPECO website was upgraded to a user-friendly and professional web-environment. Per type of rehabilitation treatment APPECO displays the total number of studies, quality of evidence, and short and long-term effects of the treatment. In a simple and elegant way, for each intervention it is shown whether the intervention has a significant positive effect or not. Effect sizes and their 95% confidence intervals are graphically presented relative to the duration of the intervention. Three quality stars are assigned to each study in order

Project APPECO

to help the user determine the best evidence through clinical and academic reasoning. Studies can be filtered by using these quality stars, for example by only viewing studies of sufficiently high quality or only studies with a specific domain as primary outcome. The 53 outcome domains (fatigue, cognition, and 51 others) are logically grouped according to the International Classification of Functioning, a common model in rehabilitation medicine. More importantly, for each study intervention, a structured summary according to the Template for Intervention Description and Replication (TiDIER checklist) is available, which can be saved/printed in pdf format for clinical use.

CURRENT DEVELOPMENTS AND FUTURE POINTS OF ACTION

To fully utilize the potential of what APPECO may provide to the MS clinical community the platform needs to be extended beyond fatigue and cognition. To facilitate this process, the project team has already extracted information from 51 other relevant outcomes for MS rehabilitation derived from the studies that reported on fatigue and cognition; for example, depression, mobility, and quality of life. RIMS is a not-for-profit European Network for best practice and research in MS Rehabilitation for Rehabilitation in MS (www.eurims.org), that cannot carry out its work without the generous support of its sponsors. With the financial support of multiple sponsors other MS symptoms as focus areas will be added to APPECO.

A further key step for the near future is approaching study authors of clinical trials on the APPECO website to consider uploading relevant "tools" to facilitate evidence-based MS rehabilitation. Study authors can already intuitively upload relevant information (e.g. pdf, ppt, doc) when requested and have the opportunity to add information that could not be extracted from the publication.

Finally, the project team anticipates the development of interactive content and e-learning materials that will guide the clinician using the platform, and to facilitate evidence-based clinical decision making (with confidence), and guide organisations of health care professionals in using the platform in guideline development and care pathways.

A complete and up-to-date living documentation system of randomized clinical trials on MS rehabilitation will help RIMS to building a research agenda to prioritize future research in the field of MS rehabilitation.

Project CMI in persons with MS

Cognitive-Motor Interference in persons with MS

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

Participants

Masku Neurological
Rehabilitation Centre
Finland

—
FISM Scientific Research,
AISM, Italy

—
Sheba medical Center,
Tel-hashomer, Israel

—
National Multiple Sclerosis
Center Melsbroek, Belgium

—
Rehabilitation and Multiple
Sclerosis centre Overpelt,
Belgium

—
AZ Klina, campus De Mick,
rehabilitation, Brasschaat,
Belgium

—
Centre Hospitalier
Universitaire de Liège,
Belgium

—
Belgium MS society Flanders,
Belgium (Flemish partners in
collaboration with MS Society
Flanders)

This is a development & research project on cognitive-motor dual task assessment and training with multiple partners. An interactive, adaptive technology tool with therapist interface for supported assessment and dual task training methodology has been developed in 2016 within a multi-disciplinary team consisting of physical and occupational therapists, neuropsychologists and medical doctors in interaction with engineers of UHasselt (EDM/IMO) & PXL in Flanders. In total, 81 patients participated in the study, of which 40 in the interventional part. Results will be analyzed and will be shared within the RIMS network including special interest groups in the second half of 2019.

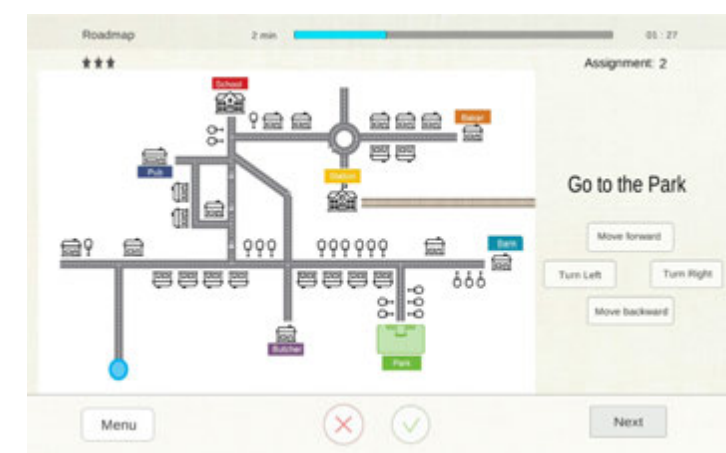
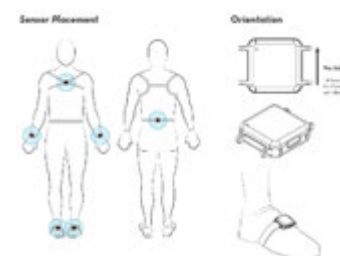
Dual tasking (DT), doing two things at once, such as walking while talking on the phone or while reading off a shopping list is very frequently required in everyday life. Cognitive-motor interference (CMI) occurs when the performance on a motor or cognitive task decreases when both are performed simultaneously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

In total, 34 pwMS and 31 age-gender matched healthy controls participated in the CMI assessment study and 47 pwMS participated in the dual task training study of which 40 completed the intervention. Data will be used to investigate the magnitude of the DTC according to different types of cognitive distractors (information processing, memory, attention, etc.) and its association with factors as severity of cognitive or motor dysfunction, fatigue and quality of life. Test-retest reliability has already been examined for the various cognitive-motor dual tasks used in this study and is currently under revision by a top rehabilitation journal. In general, reliability of the motor DTC was good (ranging from moderate to excellent), while that of the cognitive DTC was poor. Further, 40 pwMS completed the training program in either the dual task or single motor task training group. The dual task training program performed with the developed technology tool using a tablet and headset (see figures below) has shown to be

Project CMI in persons with MS

feasible in pwMS. A paper describing the design and development of the CMI-APP is currently being written. Next to that, reactions of pwMS and therapists on the dual task training were in general positive. Participants perceived it as useful, challenging, interesting and fun. It is hypothesized that effects on DT will be greatest after integrated training. Analyses will allow identifying which patient profiles responds best. The training program will be ameliorated and the goal is to deliver a protocol that provides stimuli to perform cognitive tasks during walking or during other forms of physical activity, in a therapist setting or at home.

EXAMPLES OF ASSESSMENT AND TRAINING TOOLS.



Project

EAN Guidelines on Palliative Care in MS

Lead for RIMS:
Jaume Sastre-Garriga,
Alessandra Solari

Clinical Practice Guideline on Palliative Care of People with Severe MS is a joint initiative of the European Academy of Neurology (EAN), RIMS, the European Association for Palliative Care (EAPC), and has been endorsed by the ECTRIMS and by the International Federation (MSIF).

The guideline task force, chaired by Alessandra Solari, consists of health professionals from three disciplines (neurology, palliative care, and rehabilitation), methodologists, and patient advocates from nine European countries: Bulgaria, Germany, Denmark, Israel, Italy, the Netherlands, Serbia, Spain, and the UK.

In 2018 the task force formulated the 10 clinical questions, involving health professionals external to the task force and over 950 MS patients and caregivers from the participating countries via an online web survey and focus group meetings ^[1].

From over 17000 records screened, 66 studies (73 publications) were included in the literature review, mostly pertaining to clinical questions 1 (symptomatic treatments) and 2 (multidisciplinary rehabilitation). For the key clinical questions 4 and 5, individual participant data meta-analysis of the randomized controlled trials currently available is under way. No study was found for clinical questions 3, 8-10. Formulation of the guideline recommendations (and knowledge gaps) is expected by June 2019.



EAN task force (ECTRIMS Annual Conference, October 2018)

Reference

1. Köpke S, Giordano A, Veronese S, et al. Patient and caregiver involvement in formulation of guideline questions: Findings from the EAN Guideline on Palliative Care of People with Severe Multiple Sclerosis. Eur J Neurol. 2019; 26(1):41-50.

Fellowship Exchange Programme

The current call for the fellowship exchange programme is open with application deadline set on July 1st and December 1st 2019. In each call, two fellows can be refunded up to €1000 each.

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

You can find all information (criteria, procedure and document to apply) on the RIMS website: www.eurims.org.

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

2017 beneficiaries of a RIMS Fellowship:



Adnan Heric-Mansrud (NO)
FROM
MS Center in Hakadal AS, Norway
TO
MS Hospital In Denmark, Ry, Denmark
PERIOD:
30.04.2018 till 03.05.2018

Adnan: "Many co-workers were engaged in providing us all the information we asked for, and our hosts were extremely well prepared. We discussed specific topics within rehabilitation of PwMS: fall-prevention, spasticity and exercise groups and the way they are executed in the MS hospitals in Denmark. I am truly thankful for the amount of work for preparation and invested time of the receiving centre."



Renata Rautszko (PL)
FROM
MS Center in Borne Sulinowo, Poland
TO
MS Center in Hakadal AS, Norway
PERIOD:
18.09.2018 till 22.09.2018

Renata: "I got to learn how the MS Center in Norway is working. I could speak with the whole interdisciplinary team: nurses, psychologist, occupational therapist, social workers, neurologist and of course with physiotherapists. We shared our experiences and did exercises together with MS patients. It was great that I could be there and learn a lot of new things. Everbody was so friendly."

2018 beneficiaries of a RIMS Fellowship:



Aleksandra Pabian (PL)
FROM
John Paul II MS Rehabilitation Centre in Borne Sulinowo, Poland
TO
Cemcat in Barcelona, Spain
PERIOD:
02.06.2019 till 09.06.2019



Gaelle Vertiest and Sarah Delva (BE)
FROM
National MS Centre in Melsbroek, Belgium
TO
MS Center in Hakadal AS, Norway
PERIOD:
January or February 2020

Our Partners



ECTRIMS is a professional organisation dedicated to the understanding and treatment of multiple sclerosis. A joint RIMS-ECTRIMS conference is organised every 3 years. The next joint conference will take place in Stockholm from September 11-13, 2019.

For more information, please visit www.ectrims.eu



Founded in 1989, EMSP is a team of experts in MS and advocates in health and social policies who represent 41 national MS patient organisations in 36 countries and over 770,000 people with MS in Europe. Their needs are the main focus of its advocacy and awareness-raising campaigns, to influence European decision-makers and EU policy-makers. We gather and provide knowledge and expertise to relevant stakeholders and encourage high quality research and the dissemination of excellent, evidence-based information on MS. EMSP's flagship projects aim to improve quality of life of people with Multiple Sclerosis, as well as access to ensure that they receive high quality equitable treatment, care and employment and that they have a real voice in determining their own objectives and priorities. RIMS collaborated in 2017 with EMSP on the rehabilitation module of the MS Nurse Pro e-learning online training system for MS Nurses and to the Ready for Work Guidelines, another important EMSP project focusing on the communication between healthcare professionals and patients, as well as promoting 'workability' (supporting people into employment) as the priority outcome of the clinical care.

For more information, please visit www.emsp.org



International
Journal of **MS**CARE

IJMSc is a peer-reviewed international bi-monthly publication focusing on multiple sclerosis and related autoimmune disorders of the central nervous system. The primary goal of IJMSc is to publish original articles covering various clinical aspects of MS, particularly those relevant to the multidisciplinary management of the disease and its consequences. Topics include neurologic, nursing, rehabilitative, psychological, and psychosocial care and quality-of-life issues of people with MS and reflect the diversity of the journal's readership. Ongoing collaboration between RIMS and the IJMSc is facilitated by a memorandum of understanding. Current projects include the publication of a theme issue with content from RIMS members in 2020.

For more information, please visit www.ijmsc.org



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

For more information, please visit www.msif.org

MULTIPLE
SCLEROSIS
JOURNAL | MSJ

Multiple Sclerosis Journal (MSJ) is a peer-reviewed international journal that focuses on all aspects of multiple sclerosis, neuromyelitis optica and other related autoimmune diseases of the central nervous system. All abstracts from RIMS conferences are published in MSJ, the official journal of RIMS.

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

Partnership Work

MS Nurse PRO (EMSP)

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

In 2018, the programme was launched in Greece and translated for Denmark, Portugal and Poland. Module 4 on treatment was updated. Module 6 on rehabilitation is available in English and was already launched in 2017.

The programme is accredited for nurses, but freely available for all health care professionals.

For more information, please visit:

<http://www.msnursepro.org/index.aspx>

Partnership Work

European Brain Council Project

Jenny Freeman is the RIMS representative on the European Brain Council Project. The aim of this project is to develop a policy report for the provision of care for people with MS across Europe. It intends to drive tangible policy changes which can improve the lives of people living with MS across Europe, by building a coherent, consensus-driven policy narrative on neurodegenerative disorders across Europe, focusing upon MS. The document will focus on current priorities in MS and clarify how they can be achieved. It will map indicators, relative gaps and successes, and identify opportunities for engagement within different national contexts.

There will be several outputs from this initiative:

- A policy report – to provide a pan-European policy narrative, national data comparisons and country profiles for Denmark, Italy, Spain and Romania alongside templates for policy development in each of the 4 countries..
- An advocacy toolkit – to offer specific tools to enhance advocacy efforts in line with the policy report.
- A template for MS Brain Plans – to support national adaptations and the creation of specific and appropriate MS plans across Europe.

The project is funded by Biogen, Celgene, Merck, Novartis and Sanofi and all outputs are non-promotional.

For more information, please visit:

<https://www.braincouncil.eu/activities/news/MSpolicynarrative>

Our Sponsors

In 2018, RIMS has continued to benefit from the unconditional support coming from the industry. This funding enabled RIMS to further develop its network of rehabilitation experts through jointly executed cross border projects and research. RIMS acknowledges the importance of this support and confirms its strict following of EFPIA's Code of Ethics.

ANNUAL CONFERENCE



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



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



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



Our Noble Purpose: Transform the patients world by helping them realize their hopes & dreams for a healthy life. We have defined our purpose with the conviction that it will guide our strategy, leadership, culture and mindset. It is our reason why, our essence. Our daily work, our strategy as a company, our innovation and research, all our small and big actions take us there, ultimately. This purpose transmits our goal to make our patient's life better. Our focus on their wellbeing. We work hard every day to offer them effective solutions but we also care and listen what they need. This purpose is our footprint, our legacy for future generations and our contribution to society.

ANNUAL CONFERENCE EXHIBITORS



"MedDay is an international, pioneering, biopharmaceutical company developing new drugs that target brain metabolism to treat diseases of the nervous system in areas of high unmet medical need. Focusing on brain metabolism in a highly innovative and scientific way, MedDay adopts a novel approach to open up new horizons, both in the research and development of new molecules, and among patients, their families and the medical community."



"In the field of motor-supported movement therapy Reck with its approved medical products is world-market leader and stands out with its expertise and innovative spirit. As a center of competence, the enterprise has established two locations and offers research, development and production all from a single source."

PROJECTS



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



Financial Report

RIMS PROFIT & LOSS ACCOUNT 2018

IN		OUT	
Membership fee	€ 16.350	Executive board	€ 84.276
Annual Conference Barcelona	€ 23.849	Office costs	€ 1.963
SIG income	€ 9.000	Website	€ 4.120
Projects Jintronix	€ 18.988	Meetings and travel	€ 19.457
		Association management	€ 41.093
		Payment in error	€ 17.500
		Tax	€ 144
		Special Interest Groups	€ 17.153
		Mobility	€ 13.052
		Autonomy	€ 2.218
		Communication	€ 900
		Bowel & Bladder	€ 983
		Grants	€ 17.756
		Fellowship	€ 682
		Rigra	€ 13.500
		Sexuality review	€ 3.574
		Projects	€ 1.103
		Jintronix	€ 290
		Applying Evidence with Confidence	€ 813
TOTAL	€ 68.186	TOTAL	€ 120.288

RESULT 2018 € - 52.102

RIMS BALANCE 2018

DEBIT		CREDIT	
Fixed assets	€ -	Equity	€ 53.676
Non-current assets	€ -	Current liabilities	€ 92.659
Current assets	€ 146.335	Projects	€ 40.000
Bank account 31-12-18 BE32001504450802	€ 64.485	Applying Evidence with Confidence	€ 40.000
Savings account 31-12-18 BE76047051101195	€ 81.850	Executive board	€ 47.831
		Association management	€ 47.831
		SIG Mobility 2018	€ 4.829
		SIG Mobility Glasgow	€ 4.829
		Non-current liabilities	€ -
TOTAL	€ 146.335	TOTAL	€ 146.335

Why become a Member of RIMS?



Annual Conference at reduced registration fee

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



Join a Special Interest Group

A number of **Special Interest Groups** (SIG's) have been established. The groups meet at least once a year during RIMS annual conference. The SIG's also organise professional annual in-between workshops, which are supported financially by RIMS. For SIG in-between workshops, the member centres' professionals are offered one free hotel night and free meals for such occasions.



Make use of the RIMS Grant

RIMS offers a **Grant Programme** to support multi-centre studies, a shared best practice network, or a SIG project. RIMS financially supports one grant each year.



Get access to privileged information

Some of the SIG's have published papers or pamphlets on important MS issues. These are distributed among RIMS members. E-Education material (podcasts, webcasts from conference presentations and outcome measures) are available on the RIMS website and provide useful information for your research or clinical practice.



Take advantage of the Fellowship Exchange Programme

RIMS offers a **Fellowship Exchange Programme** to young European professionals, preferably non-doctors, to facilitate their training in MS rehabilitation at RIMS member centres. The aim of the programme is to promote the multidisciplinary approach to rehabilitation in MS and to encourage the exchange of information and professional growth for those working in the field of MS.

Membership Types & Fees

<p>25€ STUDENT Annual Membership Fee</p>
<p>100€ INDIVIDUAL Annual Membership Fee</p>
<p>400€ CENTRE Annual Membership Fee</p>

The annual membership fee is valid for 1 calendar year (January 1st – December 31st). One can join RIMS at any time of the year, but the membership will expire at the end of that year.

Students who would like to join RIMS will be requested to send a student identification document.

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

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

Pay Online

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

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

Pay Offline (via Bank transfer)

IBAN: BE32 0015 0445 0802
BIC: GEBABEBB

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**CONNECT
WITH US**



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for best Practice and Research
in MS Rehabilitation



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RIMS | Rehabilitation in MS

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