



**RIMS**  
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**Annual RIMS Conference**  
**Crossing the Interface  
to Explore New Possibilities**  
June 20 - 22, 2019  
Ljubljana, Slovenia  
[www.rims-annualconference.org/Ljubljana2019](http://www.rims-annualconference.org/Ljubljana2019)

IN PARTNERSHIP WITH  
univerzitetni klinični center ljubljana  
University Medical Centre Ljubljana

Centre for multiple sclerosis,  
Department of Neurology and  
Neurorehabilitation unit,  
Division of Neurology, UMCL

Name: Insa Schiffmann

Educational background: Neurologist

Affiliation: Department of Neurology, University Medical Centre Hamburg;

Institute of Neuroimmunology and Multiple Sclerosis (INIMS)



Short description of your PhD project and trajectory (max 200 words):

**A wee bit of education**

80 % of people with MS (pwMS) are afflicted with bladder dysfunction (BD). They report, that fear of losing control over their bladder keeps them on the look-out for bathrooms, limits their travel radius and hinders them from attending social events. It makes them vulnerable to infections, pseudo-relapses, hospitalizations and long-term kidney damage. The good news is: There are treatment options like lifestyle changes, drugs, botox injections and continence operations. The bad news is: Many pwMS don't know about them. In a survey among 221 pwMS 60 % stated, that BD is a "taboo topic". While BD affected almost all participants, one third didn't know what kind of BD they had. 40 % longed to learn more about BD. But how? No evidence-based, patient-oriented information tool exists. Our aim is to create just that: A website containing treatment options, professionally reviewed life hacks from other pwMS, a toilet finder and an online micturition diary. It will be developed with the help of pwMS, their significant others and health professionals - and an innovative media company. The objective: increasing continence rates and quality of life and reducing bladder infections and hospitalization. Let's make living with MS easier – one 'wee' at a time!

I want to give a (mark with X):

Presentation (8-10 min. presentation + 5-10 min. feedback from expert panel)