

Minutes SIG Online-Meeting 1st of October 2021

Participants:

Sarah Thomas	UK
Päivi Hämäläinen	Finland
Jessica Podda	Italy
Susan Seddiq Zai	Germany
Ana Ozura Brecko	Slovenia
Julia Segal	UK
Mellony Schenk	Netherlands
Kris van der Wegen	Netherlands
Christina Bungardean	Romania
Wim van de Vis	Netherlands
Jana Pöttgen	Germany



1. Welcome

short introduction of everybody

2. A mindfulness exercise (pre-recorded – Loving kindness meditation)

Brief exchange of thoughts and experiences with this exercise

3. Organisation / RIMS congress – SIG chair election (Sarah Thomas)

Short presentation of organisation aspects regarding the next RIMS congress / SIG meeting at the congress

Introduction of Sarah Thomas to be the next SIG chair (Election at the upcoming congress)

- Sarah presented her working and research focus

4. Presentation of MyMS PRO register in Finland (Päivi)

Päivi presented her work on the MyMS register currently developed for Finnish MS patients (particularly the psychological and neuropsychological aspects including perception of cognitive deficits, fatigue and other psychological factors)

Discussion about the benefit (pros and cons) of frequent evaluation of impairment and burden in MS and its impact on psychological wellbeing of patients

5. Exchange and discussion

Short exchange of current experiences with Covid-19 and the working situation

6. Conclusion and perspectives