



Special Interest Group Occupation in-between meeting

01/09/2022-03/09/2022

National MS Centre Melsbroek

Stress management in Multiple Sclerosis

Local host: Niels Peeters

Scientific committee

Niels Peeters, OT, MSc; Daphne Kos, OT, PhD, An van Nunen, MD; Jonathan Hostyn, Nurse, MSc; Isaline Eijssen, OT, PhD; Sofie Ferdinand, OT, Co-Chair SIG Occupation; Inger Løyning, OT, MSc, Chair SIG Occupation

## Program

<b>THURSDAY, 1 september</b>	
19:00-...	Welcome drink and food: de golf

<b>FRIDAY, 2 september</b>	
09:00-09:15	Welcome
09:15-10:00	Openingslecture: The role of stress in MS and its influence on disease progression. Marie B. D'hooghe, MD, PhD, NMSC Melsbroek; VU Brussel, Belgium
10:00-10:10	Discussion
10:10-10:40	Break
10:40-11:25	Measurement and evaluation of stress in MS Niels Peeters, OT, MSc, NMSC Melsbroek, Belgium
11:25-11:35	Discussion
11:35-12:05	Social context as a mediating factor in stressmanagement Rina Verdoodt, Social Services, NMSC Melsbroek, Belgium
12:05-12:15	Discussion
12:15-13:15	Lunch: NMSC
13:15-14:15	Workshop: Mindfulness as a stressreduction intervention Corinne, PT, MSc, NMSC Melsbroek, Belgium
14:15-14:45	Break
14:45-15:30	Sleep: a debilitating or facilitating factor to improve stress in daily life? An van Nunen, MD, NMSC Melsbroek, Belgium
15:30-15:40	Discussion
15:40-16:20	The role of stress in the psychological manifestations in people with MS Jonathan Hostyn, Nurse-specialist, NMSC Melsbroek, Belgium
16:20-16:30	Discussion
16:30-17:30	Guided tour at the NMSC Melsbroek
17:30-17:40	Closing
19:40-.....	Dinner at the restaurant

<b>SATURDAY, 3 September</b>	
09:00-09:15	Welcome
09:15-10:00	Workshop: Physical Activity as a mediating factor for stress improvement
10:00-10:30	Break
10:30-11:30	Open presentations
11:30-11:45	Discussion
11:45-12:00	Closing and defining take-home-messages

**Have a safe trip home!**