



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 Eijzen, 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	Opening lecture: The role of stress in MS risk 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	Coping with Stress and Multiple Sclerosis Luc Vleugels, PhD, Psychologist, 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 Oosterlinck, 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	Social context as a mediating factor in stressmanagement Rina Verdoodt, Social Work Departement, 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
09:15-10:35	Open presentations <ul style="list-style-type: none"> <li>- The role of stress in psychological manifestations in people with MS Jonathan Hostyn, Nurse-specialist, NMSC Melsbroek, Belgium</li> <li>- Stress and its management experienced by people with MS Anneke De Blende, Person with MS</li> <li>- Cochrane Systematic Review: Effectiveness on Occupational Therapy in MS rehabilitation Daphne Kos, PhD OT, NMSC Melsbroek, Belgium</li> <li>- Fatigue Diary Jelka Jansa, MSc OT, Ljubljana Medical Centre UMC</li> </ul>
10:35-11:00	Discussion
11:00-11:30	Closing and defining take-home-messages

**Have a safe trip home!**