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*European network for best practice and research*

# **RIMS ANNUAL REPORT 2011**

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## HOW TO JOIN RIMS

RIMS is a fruitful network for all professionals working in the field of MS.

Therefore we encourage all MS Centres, MS Societies and

Individual professionals to join the network.

Read more: [www.eurims.org](http://www.eurims.org) / [How to join?](#)

### RIMS Annual membership

|                      |       |
|----------------------|-------|
| Centre               | € 400 |
| Individual           | € 100 |
| Student              | € 25  |
| Company/Organisation | € 750 |

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## BENEFITS

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

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.

Some of the SIG's have published papers or pamphlets on important MS issues. These are distributed among RIMS members.

RIMS offer a special **Grant Program** to support multi-centre studies, a shared best practice network, or a SIG project. RIMS will support up to two grants annually, with a sum of max €5000 per one project.

The Grant is available for European professionals, in order to facilitate their projects related to MS. At least three members (individual or centres) from three different European countries have to be involved.

RIMS offer 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.

RIMS will support up to three to five fellowships annually, each with duration of one week, with a fellowship of €1000.

These are some of the benefits of joining RIMS, together with a supportive network to exchange best practice, innovation and above all; friendship and a shared purpose to improve the lives of those who are living with MS. RIMS is an active network for MS professionals, researchers and centres and membership gives you access to the resources of the network, encourages study-visits, exchange of best practice and other skill improving activities.

## 1 RIMS

The aim of RIMS (Rehabilitation in MS) is to encourage European health care professionals and researchers with an interest in MS to exchange their knowledge of clinical, scientific, social, economic and educational matters about the disease and establish individual and scientific contacts between persons. Centre membership for European MS and research Centres as well as MS Societies, but also individual membership for those who have a special interest in MS are welcomed.

### 1.1 Administration

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.

Eija Luoto (Masku, Finland) stepped down after 6 years of presidency which has seen the development of many new activities including the fellowship program and the recent RIMS grant program. Together with the outgoing President, Claudio Solaro (MD / Genoa, Italy), Judith Lutz (MD / Zurich, Switzerland), Ingrid Galan (MD / Barcelona, Spain) and Brita Løvendahl (Director MS Centers, Copenhagen, Denmark) completed their final terms. We thank them for having served for six years, taking care of RIMS and guiding this network for best practice and research in new routes.

Vicky Matthews (nurse / London, UK), Thomas Henze (MD / Regensburg, Germany) and Peter Feys (PT / Hasselt, Belgium) continued as executive board members, while 5 others were elected:

- Ulrik Dalgas (Sport Scientist, Aarhus, Denmark).
- Vincent de Groot (MD / Amsterdam, the Netherlands)
- Päivi Hämäläinen (Psychologist / Masku, Finland)
- Christoph Heesen (MD / Hamburg, Germany)
- Alessandra Solari (MD / Milan, Italy)

Peter Feys was appointed as president, Päivi Hämäläinen as secretary, Vincent de Groot as treasurer and Vicky Matthews as SIG and membership coordinator. Additionally, Alessandra Solari is the RIMS Grant coordinator while Thomas Henze is the main contact person with EMSP as well as contact person for Eastern-European countries.

Administrative support for the membership administration is provided by Grace Donovan (UK) while Peter Van den Nieuwenhof (B) continues as webmaster.

| Executive Board Member | Position & Background                                  | Country                 | Role                            | Term        |
|------------------------|--|-------------------------|---------------------------------|-------------|
| Peter Feys             | Rehabilitation Sciences and Physiotherapy (PhD)        | Hasselt, Belgium        | President                       | 2011-14 (*) |
| Vincent de Groot       | Rehabilitation Physician (PhD)                         | Amsterdam (Netherlands) | Treasurer                       | 2011-14     |
| Päivi Hämäläinen       | Neuropsychologist (PhD); Head of rehabilitation center | Masku (Finland)         | Secretary                       | 2011-14     |
| Victoria Matthews      | Nurse, MSc, RGN.                                       | London (UK)             | Member officer; SIG coordinator | 2011-14 (*) |
| Alessandra Solari      | Neurologist (MD)                                       | Milan (Italy)           | Rims Grant                      | 2011-14     |

|                  |                   |                      |   |                |
|------------------|-------------------|----------------------|---|----------------|
|                  |                   |                      | program                                 |                |
| Christoph Heesen | Neurologist (PhD) | Hamburg<br>(Germany) | Organiser<br>RIMS<br>conference<br>2012 | 2011-14        |
| Ulrik Dalgas     | Sport Scientist   | Aarhus<br>(Denmark)  |   | 2011-14        |
| Thomas Henze     | Neurologist (PhD) | Germany              | EMSP<br>contact                         | 2011-14<br>(*) |

(\*) second term; stepping down in 2014 General Assembly.

The Executive Board held three meetings during the year 2011:  
February 11<sup>th</sup>, Munich (Germany)  
July 14<sup>th</sup>, Brussels (Belgium)  
November 28<sup>th</sup>, Milan (Italy)

## 1.2 Members

At the end of year 2011, RIMS had altogether 55 member centres/organisations, 51 individual members, and 4 students. According to the by-laws a member is no longer considered to be a member following failure of payment of the membership fee for two (consecutive or non-consecutive) years.

**The RIMS Member Coordinator has updated contact details of all members.**

| MEMBERS     | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 |
|-------------|------|------|------|------|------|------|
| Centres     | 42   | 33   | 32   | 32   | 38   | 47   |
| Individuals | 31   | 19   | 21   | 20   | 31   | 51   |
| Students    | 2    | 2    | 0    | 1    | 1    | 4    |
| Companies   | 0    | 0    | 0    | 1    | 1    | 1    |
| Societies   | 2    | 4    | 4    | 6    | 6    | 7    |

## 2 SPECIAL INTEREST GROUPS (SIG'S)

The Executive Board has established a number of Special Interest Groups (SIG). These groups aim to promote research and improve the management of persons with MS and their caregivers. Traditionally, a short workshop takes place during the RIMS annual conference and intensive "in-between" meetings of 1.5 - 2 days take 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 sometimes also organised.

Special Interest Group at the end of 2011, with respective chairs

|  |          |            |            |                          |         |
|--|----------|------------|------------|--------------------------|---------|
| SIG Mobility                             | Chair    | Feys       | Peter      | PT, PhD                  | Belgium |
|  | Co-Chair | van Asch   | Paul       | PT                       | Belgium |
| SIG Occupation                           | Chair    | Kos        | Daphne     | OT, PhD                  | Belgium |
|  | Co-Chair | Ilsbrouckx | Stephan    | MD                       | Belgium |
| SIG Psychology and Neuropsychology       | Chair    | Vahter     | Liiina     | PhD<br>Neuropsychologist | Estonia |
|  | Co Chair | Rose       | Anita      | Neuropsychologist        | UK      |
| SIG Bladder, Bowel & Sexual Problems     | Chair    | Lopes      | Laura      | MD                       | Italy   |
|  | Co Chair | Eelen      | Piet       | Chief Nurse              | Belgium |
| SIG Social Integration and Participation | Chair    | Verdoodt   | Rina       | Social worker            | Belgium |
|  | Co-Chair | Hansen     | Jeanne     | RN                       | Denmark |
| SIG Communication Swallowing problems    | Chair    | Nota       | Antonella  | Speech therapist         | Belgium |
|  | Co-Chair | Renom      | Marta      | Speech therapist         | Spain   |
| SIG Patient Education                    | Chair    | Heesen     | Christoph  | MD                       | Germany |
|  | Co-Chair | Solari     | Alessandra | MD                       | Italy   |

- *SIG Psychology and Neuropsychology*: Päivi Hämäläinen (FI) resigned as co-chair function and is succeeded by Anita Rose, (UK) at the annual conference in Turku, Finland.
- *SIG Communication and Swallowing problems*: Rosa Terre (S) was succeeded by Antonella Nota (B).

The valuable contribution of past chairs is highly acknowledged and appreciated.

Detailed contact information is available on [www.rims.be](http://www.rims.be)

## SIG In-between Meetings

All SIG's were active and held their in-between meetings during the year. Some of them had a meeting both during the annual conference as well as an in-between meeting. RIMS contribution for the SIG meeting was € 2,500 year/group for organising these meetings, with the exception of € 5,000 for the SIG Mobility given the large number of participants.

| SIG   | Date      | Place                  | Participants | Countries |
|---|-----------|------------------------|--------------|-----------|
| Patient Education in MS   | Oct 2011  | Lucignano (AR), Italy  | 13           | 6         |
| *Psychology & Neurophysiology<br>* Communication & Swallowing<br>* Integration & Participation<br>* Occupation<br>"MULTIDISCIPLINARY APPROACH FOR ASSESSMENT AND MANAGEMENT OF COGNITIVE DISORDERS IN PWMS" | Nov 2011  | Melsbroek, Belgium     | 55           | 11        |
| Mobility<br>"TREATMENT OF BALANCE/GAIT"   | Sept 2011 | Barcelona, Spain       | 49           | 13        |
| Bladder / Bowel & Sexual  | Feb 2011  | Amsterdam, Netherlands | 12           | 7         |

\* These SIGs' held combined meetings

## 3 ANNUAL CONFERENCE 2011

RIMS Annual Conference 2011 was organized in Turku, May 12-14 2011.

The title was "A lifelong perspective: Rehabilitation for MS patients with special needs"

The "RIMS Award" for best Poster and best Presentation was nominated and each awarded € 500:

- **POSTER**  
Monia Vereecken (OT, Melsbroek, Belgium), 'In search of an instrument to assess wheelchair driving skills in persons with MS: adaptation and evaluation of "the wheelchair circuit".'
- **PLATFORM PRESENTATION**  
Rita Bertoni (PT, Milan, Italy), 'Validity of scales rating upper limb in people with MS'

There were 299 participants, of which were: medical doctors (58), nurses (52), occupational therapists (13), physiotherapists (55), social workers (5), psychologists (13), neuropsychologists (5), speech therapist (1), other rehabilitation staff or not mentioned (29), administration (4) and accompanying persons (6). From commercial parties, there was an attendance of 26 persons. In addition, 31 persons attended specifically the session of the celebration of the Finnish MS Society.

## **4 FELLOWSHIP PROGRAM**

RIMS offers up to three to five fellowships annually, each with a duration of one week and a fellowship of € 1,000, to facilitate MS training related to rehabilitation within 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.

Fellows are expected to identify themselves as representing a RIMS member centre (or as individual RIMS membership) prior to application.

During 2011, altogether 4 fellows participated in the program:

1. PT Rita Bertoni (Don Gnocchi, Milan, I) visited the Rehabilitation and MS Centre Overpelt (B) and REVAL Hasselt (B) in March 2011 (7-11<sup>th</sup>).
2. PT Elisa Gervasoni visited Masku Neurological Rehabilitation Centre, Masku (FIN) from 16<sup>th</sup>- 20<sup>th</sup> of May, 2011.
3. PT Maria Esperanza Rubio (MS Fundacion, Madrid, ES) visited the Danish MS Centres at Haslev from August 15-19<sup>th</sup> 2011.
4. Dott. Francesca De Biagi (Venice, Ospedale San Camillo) to NMSC (Antonella Nota), November 14-19<sup>th</sup> 2011

According to their feedback, the experience was very good both for the centres and the fellowship students.

## **5 RIMS GRANT PROGRAMME**

Two projects have been approved by the EB, and will receive a grant of 5000 euro to support collaborative work within the network. We look forward to the results of their work, which will be presented at the annual conference 2013.

### **5.1 'Variability of ADL performance in people with MS'**

Main applicant: Daphne Kos (OT; B)

Co-applicants: Jelka Jansa (SI), Stephan Ilsbroux (B); Jytte Jakobson & Lene Kallmayer (D); Inger Grethe Løyning (NO); TarjaHuilla (FIN); Gioia Marcassa (I)

### **5.2 'Content of physical rehabilitation – questionnaire Survey'.**

Main applicant: Kamila Rasova (PT, CR).

Co-applicants: Davide Cattaneo (I); Thomas Henze (D); Peter Feys (B); Carme Santoyo Medina (E); Hans van Tongeren (DK)

## **6 PARTNERSHIP WORK**

### **6.1 Booklet on Rehabilitation Recommendations**

The European MS Platform (EMSP) asked Thomas Henze to organize a follow-up of their high-quality booklet on "Recommendations on Rehabilitation Services for persons with MS in Europe" (2004). Cooperating authors are mostly RIMS members contributing their extensive knowledge to this comprehensive overview on modern MS rehabilitation issues which will be published in early 2012.



## 6.2 MS Need

- On line Modular Foundation MS Nursing educational programme that is now called “*MSNursePROfessional*”
- Accredited and with the potential to undertake comparative research on the impact of MS Specialist nurses
- Pilot site in Malta (May) & Spain (September)
- Spanish, Italian, German, French for 2012 – further languages (probably Czech and Russian) in 2013
- Working with IOMSN, EANN, RCN, UKMSSNA, EMSP & RIMS – all will value badge
- Development of a European Federation of MS Nursing

The project is now supported by the European association of Neurology Nurses together with the International Organisation of MS Nursing, UK MS Nursing Association, MS Trust as well as EMSP and RIMS.

It is anticipated that a European Association of MS Nursing will be formed, a consensus on the role of the MS nurse agreed, and a second level of accredited expert MS Nursing developed to push forward the boundaries of MS Nursing throughout Europe and to enable nurses to aspire to a career that is specialist in the care of people with MS.

## 7 WEBSITE, MARKETING AND ADVERTISING

Peter Van Den Nieuwenhof (B) continued as webmaster, with mail address [webmaster.rims@gmail.com](mailto:webmaster.rims@gmail.com). A new, more dynamic, website is in development and will be launched in 2012.

The Executive Board continued planning new tools for marketing and advertisement purposes. A mission statement is in development, in order to contact potential companies for financial support.

In preparation, active networking was performed with partner organisations and companies to prepare further collaboration.

## 8 FINANCIAL SITUATION

The financial budget 2011 (in/out) is presented on the next page.

The overall€164,036.76 balance at the end of 2011 was positive, strengthening the healthy financial position of this organisation.

## OVERVIEW 2011

|                       | In               | Out               | Total           |
|-----------------------|------------------|-------------------|-----------------|
| Conference            | 24.825,76        | 1.500,00-         | 23.325,76       |
| Awards                |                  | 1.500,00-         | 1.500,00-       |
| RIMS 2011 Turku       | 24.825,76        |                   | 24.825,76       |
| Executive Board       | 299,83           | 13.289,47-        | 12.989,64-      |
| Ectrims               |                  | 369,42-           | 369,42-         |
| Meeting               | 299,83           | 12.920,05-        | 12.620,22-      |
| Grants                |                  | 4.000,00-         | 4.000,00-       |
| Fellowships           |                  | 4.000,00-         | 4.000,00-       |
| Interest              | 103,85           |                   | 103,85          |
| Interest              | 103,85           |                   | 103,85          |
| Memberships           | 18.040,00        |                   | 18.040,00       |
| Center                | 15.600,00        |                   | 15.600,00       |
| Individual            | 2.440,00         |                   | 2.440,00        |
| Office                |                  | 2.487,43-         | 2.487,43-       |
| Accountant            |                  | 303,49-           | 303,49-         |
| Costs bank account    |                  | 37,20-            | 37,20-          |
| Costs credit card     |                  | 69,00-            | 69,00-          |
| Costs mailings        |                  | 6,48-             | 6,48-           |
| Letterhead            |                  | 75,00-            | 75,00-          |
| Personnel             |                  | 1.840,00-         | 1.840,00-       |
| Transactions charges  |                  | 18,15-            | 18,15-          |
| Tax                   |                  | 138,11-           | 138,11-         |
| SIG                   | 2.498,20         | 14.299,40-        | 11.801,20-      |
| Mobility              |                  | 5.303,00-         | 5.303,00-       |
| SUBDIMS               | 2.498,20         | 4.996,40-         | 2.498,20-       |
| Tripple SIG Melsbroek |                  | 4.000,00-         | 4.000,00-       |
| Website               |                  | 1.659,10-         | 1.659,10-       |
| Maintenance           |                  | 1.611,52-         | 1.611,52-       |
| Server                |                  | 47,58-            | 47,58-          |
| Other                 | 378,95           | 91,70-            | 287,25          |
| Other                 | 378,95           | 91,70-            | 287,25          |
| <b>Total</b>          | <b>46.146,59</b> | <b>37.327,10-</b> | <b>8.819,49</b> |

Rehabilitation in Multiple Sclerosis (RIMS), the network of MS Centres in Europe was created in 1991 in Milan, Italy to enhance collaboration by the foremost MS Centres in Europe.

The aim of RIMS is to link health care professionals in European MS Centres and other settings, as well as researchers, in order to encourage professionals interested in MS to exchange their knowledge of clinical, scientific, social, economic and educational matters about the disease and to establish individual and scientific contacts between persons. Individual membership for those who have a special interest in MS is also welcomed.

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