

Report SIG in-between meeting 2021

SIG group	Patient Autonomy
Date of in-between meeting	19.03.2021
Venue (incl. city, country)	Online
Topic	Update on current projects and lifestyle issues in MS

Report:

Around 18 MS health professionals and researchers (e.g. neurologists, psychologists, nurses, health scientists) participated in the 2021 SIG in-between meeting held online on March 19th.

We used this meeting to update on and discuss two current SIG projects (information needs of people with PPMS (NIPS, RiGra project), and motherhood choice in MS). Afterwards, we exchanged on the advance care planning in people with severe MS project being carried on by the Italian group.

Then, we focused our discussion on lifestyle in MS projects.

In particular, the following projects were presented: a currently ongoing Italian project on an innovative multidimensional lifestyle intervention (Dr. d'Arma, Don Gbocchi Foundation); preliminary results from a diet screener validation used in the lifestyle assessment in the Hamburg MS Day Clinic: (Dr. Riemann-Lorenz); first results of an ongoing web-based, self-management intervention in Germany (Activity Matters, Nina Daniel); and the lifestyle intervention POWER@MSadvanced (Nicole Krause).

The meeting was fruitful and discussion-rich. Due to the current pandemic, we planned to have another online in-between meeting in Autumn 2021.

Future plans:

We would like to continue to discuss on lifestyle issues in MS and invite interested and active researchers/clinicians to join and present their projects.

Next in-between meeting:

The next meeting will take place virtually in Autumn 2021.

Participant list:

First Name	Last Name
Markus	Wiemann
Rieke	Schnackenberg
Chris	Heesen
Alessandra	Solari
Anne Christin	Rahn
Andrea	Giordano
Julia	Peper
Marie	D'hooge
Heleen	Beckerman
Klara	Novotna
Cristina	Tent
Marco	Heerings
Alessia	D'Arma
Anna	Barabasch
Karin	Riemann-Lorenz
Insa	Schiffman
Nicole	Krause
Nina	Daniel