



# ANNUAL REPORT

RIMS is a fruitful network for all professional working in the field of MS.  
Therefore we encourage all MS Centres, MS Societies and  
individual professionals to join the network.  
Read more: [www.rims.be](http://www.rims.be) / [How to join?](#)

RIMS Annual membership 2010:

Centre	400 €
Individual	100 €
Student	25 €
Company	750 €

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Benefits:

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

A number of Special Interest Groups (SIG) have been established. The groups meet at least once a year during RIMS annual conference. The SIGs 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 occasion.

Some of the Special Interest Groups have published papers or pamphlets on important MS issues. These are distributed among RIMS members.

RIMS offers between three to five fellowships annually, each of one week duration and with a fellowship of 1000 €. Fellows are expected to identify themselves as representing a RIMS member centre (or as individual RIMS membership) prior to application.

The fellowship is available to young European professionals, preferably non-doctors, in order to facilitate their training in Multiple Sclerosis related rehabilitation amongst RIMS member centres. The goal of the programme is to promote the multidisciplinary approach to rehabilitation in MS and encourage the exchange of information and professional growth amongst those working in the field of MS.

RIMS is an active network for MS professionals and Centres and membership enabled access to the resources of the network, facilitates study-visits and exchange of best practise together with other skill enhancing activities.

Read more: [www.rims.be](http://www.rims.be)



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It is time for change



While making my notes on this Annual Report, I am surprised how fast the time flies. Not only the past year with a vivid joint ECTRIMS-RIMS in October, with a new SIG on Patient Education and a refreshing start with SIG on Bladder, Bowel and Sexual problems, but altogether the six years as RIMS President. I am happy to leave RIMS with stable economy, with firm logistics on member issues and with some new ideas that Executive Board has been able to launch.

RIMS fellowship program seems have “landed” and in 2010, a total of 3 fellowship students took advantage of the opportunity. In addition, RIMS Executive Board has planned a special RIMS Grant Program to be launched in 2011.

There is no doubt that RIMS shows. At this point, I am really happy to note that we have nearly 270 registered participants for RIMS2011 conference. We received a record number of abstracts for posters and oral presentations. Altogether 50 posters are listed and clearly among them, there seems to be a growing interest in studies and collaboration between member centers. - That is what RIMS is for.

My two terms have been a great challenge, an adventure and also an opportunity to meet new colleagues and - what pleases me most - see the energy and new ideas among RIMS members and the activity within SIGs.

Once more, thank you all. I am welcoming the new President and new Executive Board members and wish all the best for RIMS in the future.

Eija Luoto  
RIMS President



## 1 RIMS

The aim of RIMS (Rehabilitation in MS) is to link all European MS Centres and encourage professionals with an interest in Multiple Sclerosis to exchange their clinical, scientific, social, economic and educational knowledge about MS and establish a shared personal, individual and scientific contact. In addition, individual membership for those who have a special interest in MS is welcomed.

### 1.1 Administration

RIMS is managed by an Executive Board, which according to the bylaws is composed of eight elected officers, including the President, the Secretary and the Treasurer.

Dr Judith Lutz continued to act as SIG Coordinator and producer of our newsletter Network. Brita Loevendahl was in charge of membership issues. Dr Claudio Solaro continued as Treasurer. A new function was created: Vicky Matthews served as web editor.

<b>Executive Board member</b>		<b>Country</b>	<b>Officers</b>	<b>Term</b>
Eija Luoto	Administrative director	Finland	President	2008-2010 (*)
Claudio Solaro	MD	Italy	Treasurer	2008-2010 (*)
Peter Feys	Ass. professor	Belgium	Secretary	2008-2010
Victoria Matthews	MSc, RGN,	UK		2008-2010
Ingrid Galan	MD	Spain		2008-2010 (*)
Brita Lovendahl	Manager	Denmark	Member officer	2008-2010 (*)
Judith Lutz	MD	Switzerland	SIG-Coordinator	2008-2010 (*)
Thomas Henze	Prof, MD	Germany		2008-2010

(\*) second term; stepping down in 2011 General Assembly.

The Executive Board held two meetings during the year 2010:  
March 3<sup>rd</sup>, in Copenhagen and October 13<sup>th</sup> 2010, in Gothenburg.

### 1.2 Members

At the end of year 2010, RIMS had altogether 38 member centres, 31 individual members, 6 societies, 1 student and 1 company listed. According to the bylaws 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 was actively attempting to find and correspond with key contacts in these centres but did not succeed in all cases.

<b>Members</b>	<b>2006</b>	<b>2007</b>	<b>2008</b>	<b>2009</b>	<b>2010</b>
Centre members	42	33	32	32	38
Individual members	31	19	21	20	31
Students	2	2	0	1	1
Companies	0	0	0	1	1
Societies	2	4	4	6	6

## 2 Special Interest Groups

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 members 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 also organised.

A new SIG on Patient education started with Dr. Christoph Heesen, D, as Chair and Dr. Alessandra Solari, I, as Co Chair. The new SIG had its first meeting in January 2010.



## Special Interest Group core persons at the end of 2010

<b>SIG Mobility</b>	<b>Chair</b>	Feys	Peter	PT, PhD	Belgium
	<b>Co-Chair</b>	van Asch	Paul	PT	Belgium
<b>SIG Occupation</b>	<b>Chair</b>	Kos	Daphne	OT, PhD	Belgium
	<b>Co-Chair</b>	Ilsbroukx	Stephan	MD	Belgium
<b>SIG Psychology and Neuropsychology</b>	<b>Chair</b>	Vahter	Liina	PhD Neuropsychologist	Estonia
	<b>Co Chair</b>	Hämäläinen	Päivi	PhD Neuropsychologist	Finland
<b>SIG Bladder, Bowel and Sexual Problems</b>	<b>Chair</b>	Lopes	Laura	MD, Medical Director	Italy
	<b>Co Chair</b>	Eelen	Piet	Chief Nurse	Belgium
<b>SIG Social Integration and Participation</b>	<b>Chair</b>	Verdoodt	Rina	Social worker	Belgium
	<b>Co-Chair</b>	Hansen	Jeanne	RN	Denmark
<b>SIG Communication and Swallowing problems</b>	<b>Chair</b>	Terre Boliart	Rosa	MD	Spain
	<b>Co-Chair</b>	Renom	Marta	Speech therapist	Spain
<b>SIG Patient Education</b>	<b>Chair</b>	Heesen	Christoph	MD	Germany
	<b>Co-Chair</b>	Solari	Alessandra	MD	Italy

At the meeting with Executive Board and SIG Chairs in October, it was decided that the task of a separate SIG web coordinator no longer will continue. Also some changes regarding the responsible SIG persons was announced in General Assembly 2010.

- *SIG Integration and Participation*: An Van Nunen (B) resigned and is succeeded by Jeanne Hansen (DK)
  - *SIG Psychology and Neuropsychology*: Agnete Joensson (DK) resigned as co-chair. Päivi Hämäläinen (FI) changed from chair to co-chair function until May 2011 (function will then be fulfilled by Anita Rose, UK). The new Chair is Liina Vahter (E).
  - *SIG Communication and Swallowing problems*: Rosa Terre (S) gave notice of resignation in May 2011 as Chair and she will be succeeded by Antonella Nota (B).
- The valuable contribution of past chairs and co-chairs was highly acknowledged and appreciated.

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

### 2.1 SIG in-between meetings

Alls SIGs were active and held their in-between meetings during the year.

Some of them had both a meeting during the annual conference as well as an in-between meeting. RIMS contribution for SIG the meeting was 2.500 € per year/group for organising these meetings, except of 5000.euro for the SIG Mobility given large number of participants.

<b>SIG</b>	<b>Date</b>	<b>City</b>	<b>Participants</b>	<b>Countries</b>
Patient Education in MS	22-23 January	Hamburg	38	7
Psychology and Neuropsychology	9-10 April	Tallinn E	6	6
Mobility	21-22 May	Prague CZ	50	15
Bladder and Bowel and Sexual	10-11 September	Melsbroek	6	3

The SIGs reported their in-between meetings to the Executive Board at the occasion of the RIMS-ECTRIMS Conference in Gothenburg.

*RIMS SIG Patient Education* (a triple SIG) first meeting, Hamburg, Germany, 22-23 January 2010: A review of the strategies allowing joint decision making in various European countries and a consensus finding discussion on how best to develop and implement information and educational interventions in PwMS.

*SIG Bladder, Bowel and Sexual dysfunctions* meeting, Melsbroek, Belgium 20-21 March 2010: Development of guidelines for bowel management with a review of literature, presentation from each centres of bowel management protocol, discussion of questionnaire preliminary results and definition of practical organization of guidelines.

*SIG Bladder, Bowel and Sexual Dysfunction*, Melsbroek, Belgium, 11 September 2010: Guidelines for bowel management: Review of literature on Pub med.

*SIG Psychology and Neuropsychology*, Tllinn, Estonia, 9-10 April 2010: Overview of the last year in psychology and neuropsychology of MS and work on the development of a manual for managing cognitive problems .

*SIG Mobility*, Prague, Czech Republic 20-21 May 2010: focused on goal setting and outcome measures as well as different contemporary European treatment approaches. In addition, first results of the multi-centre walking study were presented and discussed.

## 2.2 RIMS www-site

The new SIG "Patient education" was added to the web pages of the SIG. Peter Van Den Nieuwenhof (Belgium) worked as webmaster, with mail address [webmaster.rims@gmail.com](mailto:webmaster.rims@gmail.com).

## 3 Annual conference 2010

RIMS Annual Conference 2010 was organized as a joint RIMS-ECTRIMS conference in Gothenburg, 13-16 October. RIMS topics with two major RIMS sessions were "*Progress in MS rehabilitation*" and "*Cognitive and behavioural aspects in MS*". The RIMS sessions were very well attended.

At the RIMS booth, we had the banner, the brochure, USB with RIMS logo, a kitchen dish cloth with RIMS logo. Also a power point based game, "Guess Occupation", was modified for RIMS purposes.

All accepted abstracts were published in *Multiple Sclerosis Journal, in the supplement of the October 2010 Issue (S7-S352)*.

The ECTRIMS "RIMS Award" for best Poster was nominated and awarded 500 euro's. The award was given to N. Hogan, a PhD student supervised by Susan Coote (Ireland), for her poster on interventions for balance: "Comparing the effects of group and individual physiotherapy on fatigue and Health Related QoL in people with MS".

#### 4 Fellowship program

RIMS offers up to three to five fellowships annually, each with a duration of one week and a fellowship of 1000 € to facilitate their training in Multiple Sclerosis related 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.

In 2010, altogether three followers participated the program:

- National MS Center Melsbroek, Belgium, May 3-7, 2010 (Riccardo Verza)
- Masku Neurological Rehabilitation Center, Finland, from 30 May - 6 June 2010 (Irene Bartolome Gomez and Laura Garcia Ruano)

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

#### 5 RIMS Partnership Work

##### *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 Multiple Sclerosis 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 2011.

### *Nursing Survey*

Participation with EMSP and IOMSN to implement an European survey of MS nursing in Spain, Italy, Poland, Germany, Finland, Czech Republic and UK. Data were collected in 2009, with results being available in 2010. The results were reported during ECTRIMS 2010.

*Joint Meeting with the SIRN (Italian rehabilitation neurology society)* was organised in Palermo, 22-24 April 2010.

### 6 Marketing and Advertising

New RIMS advertising material was prepared during the year: USB with RIMS logo and a kitchen cloth with logo “Good Practise” were available and distributed to members at General Assembly as well as visitors of the RIMS booth during the ECTRIMS-RIMS conference. Also, at the booth we had a special “Guess Occupation Game”.

In General Assembly October 2010, the new subtitle for RIMS logo was introduced:  
*RIMS Rehabilitation in MS - European Network for best practice and research.*

### 7 Financial support

The Executive Board continued planning new tools for marketing and advertisement purposes.

The overall balance of 2010 was positive, strengthening the healthy financial position of the organisation.



RIMS booth - ECTRIMS 2010, Gothenburg

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. Today the Organisation has nearly 40 member centres throughout Europe.

The aim of RIMS is to link the European MS Centres in order to encourage professionals interested in Multiple Sclerosis to exchange their knowledge of clinical, scientific, social, economical and educational matters about the disease and to establish individual and scientific contacts between persons. In addition, individual membership for those who have a special interest in MS is welcomed.

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