



Preliminary programme

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## **Residential course on rehabilitation in multiple sclerosis**

Valens, Switzerland  
6-7 October 2016

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A CME-certified programme

## OVERVIEW

This residential course is designed for neurologists, physiotherapists and psychiatrists willing to learn about the most advanced neurorehabilitation techniques in Multiple Sclerosis. Attendees will learn about the metrics for the assessment of functioning in MS in order to plan a personalised and goal oriented rehabilitation programme. The second part of the course will address the evidence based therapeutic interventions for motor, cognitive and social rehabilitation. The residential programme will be held in the Klinik Valens which is a leading international academic training centre equipped with all the forefront technologies including a thermal swimming pool. Participants will have the unique opportunity to join the team of highly trained specialists in their everyday activities for practical training sessions.

## LEARNING OBJECTIVES

By attending the conference, participants will be able to:

- Illustrate the biological basis of neurorehabilitation
- Describe the main metrics for the assessment of motor disability in MS
- Plan personalized rehabilitation programmes

## TARGET AUDIENCE

Neurologists, psychiatrists, rehabilitation therapists currently involved in MS rehabilitation management.

## CONTINUING MEDICAL EDUCATION

An application will be made to the EACCME<sup>®</sup> for CME accreditation of the MS Academia - Multiple sclerosis advanced course to be held on 13 September 2016 in London, UK.

## CME PROVIDER

EXCEMED is a nonprofit foundation dedicated, since the last four decades, to the development of high-quality medical education programme all over the world.

EXCEMED adheres to the guidelines and standards of the European Accreditation Council for Continuing Medical Education (EACCME<sup>®</sup>) which states that continuing medical education must be balanced, independent, objective, and scientifically rigorous.

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## GRANTOR ACKNOWLEDGEMENT

This programme is made possible thanks to an educational grant received from Merck KGaA, Darmstadt, Germany.

## VENUE

This educational conference will take place at the:

Valens Klinik - Valens, Switzerland

## LANGUAGE

The official language of this live educational conference will be English.

## REGISTRATION FEE

*The registration fee is 380€*

*Special fee dedicated to RIMS members is 350€*

The registration fee includes:

- Scientific sessions
- Coffee breaks and luncheons
- Dinner on 6 October 2016
- Educational materials
- Certificate of attendance

## For registration and accommodation please contact

Meridiano Congress International (Italy)

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## **CHAIR**

**Jürg Kesselring**

Department of Neurorehabilitation  
Rehabilitation Centre  
Valens, Switzerland

## **CO-CHAIR**

**Peter Feys**

Rehabilitation Sciences and Physiotherapy  
University of Hasselt  
Campus Diepenbeek  
Agoralaan  
Diepenbeek, Belgium

EXCEMED designed this programme in partnership with Valens Klinik.

Endorsed by RIMS

RIMS 'Rehabilitation in Multiple Sclerosis' is an international non-profit organization that was founded in 1991. It is an European network for best practice and research, bringing together health care professionals, researchers and MS societies.

# Residential course on rehabilitation in multiple sclerosis

Valens, Switzerland  
6-7 October 2016

## Day I

08:45 Opening and introduction to the course  
**J. Kesselring, Switzerland, G. Comi, Italy, P. Feys, Belgium**

09:00 Introduction to MS rehabilitation center of Valens  
**J. Kesselring, Switzerland**

## Session 1: Biological basis of neurorehabilitation

Chairs: J. Kesselring / P. Feys  
09.15-10.15

09:15 **L1:** From neurorehabilitation to neuroplasticity and viceversa  
**G. Comi, Italy**

09:45 **L2:** Molecular and physical benefits of exercise in Multiple Sclerosis  
**J. Kesselring, Switzerland**

10:15 *Coffee Break*

## Session 2: The assessment of functioning and patient-oriented rehabilitation programme

Chairs: J. Kesselring / P. Feys  
10.45-12.45

### Motor functioning and balance

10:45 **S1:** Assessments by MS  
**C. Meier, Switzerland**

11:05 **S2:** Gait and Walking Assessments by MS  
**Y. Vila, Switzerland**

11:25 **S3:** Technical aids by MS  
**C. Meier, Switzerland**

11:45 **L3:** Upper and lower limbs motor rehabilitation aims and approaches  
**P. Feys, Belgium**

12:15 **L4:** Acquatic therapy  
**U. Gamper, Switzerland**

12:45 *Lunch*

## Session 3: The assessment of functioning and patient-oriented rehabilitation programme

Chairs: J. Kesselring / P. Feys  
14.00-17.30

### Cognitive Functioning

- 14:00 **L5:** Cognitive impairment profile and mood disturbances  
**M.P. Amato, Italy**
- 14:30 **L6:** Neuropsychological tests batteries  
**D. Langdon, UK**
- 15:00 **L7:** Cognitive rehabilitation aims and approaches  
**P. Hämmäläinen, Finland**
- 15:30 **TS:** Clinical cases and practical exercises with cognitive rehabilitation platforms  
**D. Langdon, UK**  
**P. Hämmäläinen, Finland**
- 16:20 *Coffee break*
- 16:40 Visit to Valens Klinik premises
- 17:30 End of the day

## Day II

### Session 4: The assessment of functioning and patient-oriented rehabilitation programme

Chairs: J. Kesselring / P. Feys  
09.00-10.00

09:00 **L8:** Role of occupational therapy in MS  
**J. Ebert, Switzerland**

09:30 **L9:** Fatigue management  
**A. Weise, Switzerland**

### Session 5: The assessment of functioning and patient-oriented rehabilitation programme

Chairs: J. Kesselring / P. Feys  
10:00-11.00

10:00 **L10:** Pelvic rehabilitation in MS  
**R. Althof, Switzerland**

10:30 **L11:** Dysphagia and swallowing rehabilitation  
**S. Albert, Switzerland**

11:00 *Coffee break*

### Session 6: Shared decision in rehabilitation

Chairs: J. Kesselring / P. Feys  
11:30-13.00

11:30 **L12:** Psychosomatic medicine and social factors  
**V. Kesselring, Switzerland**

12:00 **L13:** Patient reported outcomes (PROs)  
**A. Solari, Italy**

12:30 **L14:** ICF core set  
**A. Weise, Switzerland**

13:00 *Lunch*

## Session 7: Advanced neurorehabilitation

Chairs: J. Kesselring / P. Feys  
14.00-16.30

- 14:00 **S4:** Sport therapy  
**J. Bansi, Switzerland**
- 14:20 **S5:** Hippotherapy  
**A. Artuso, Italy**
- 14:40 **TS:** Clinical cases about advanced neurorehabilitation, including an overview about how to plan an integrated rehabilitation programme  
**J. Kesselring, , Switzerland**  
**J. Ebert, Switzerland**
- 15:40 Final discussion and meeting wrap up
- 16:30 **End of the course**