

WFNR SPECIAL INTEREST GROUP ANNUAL REPORT

Agenda:

- 1. Welcome**
- 2. Report2021-2022**
- 3. Session in WCNR 2022**
- 4. Session Proposal for WCNR 2024**
- 5. Research Collaboration**
- 6. Education and Manpower Development**
- 7. Any other matter**

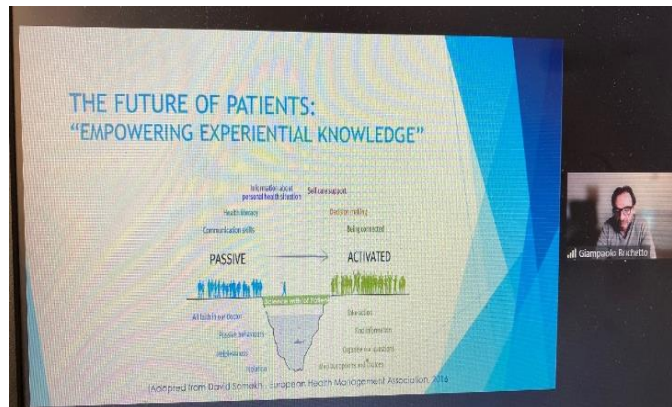
Name of Special Interest Group	Multiple Sclerosis and Other Demyelinating Disorders
Chair Email	Dr Abhishek Srivastava 29abhi@gmail.com
Co-Chair(s) where applicable	Dr Jurg Kesselring jurg.kesselring@kliniken-valens.ch
Number of Members	78
Key objectives and action plan	<p>To generate epidemiologic data of MS and other demyelinating disorders from around the globe and to generate trend and variables to determine long term outcome.</p> <p>To generate data on treatment outcome to newer biological treatments.</p> <p>To evaluate appropriate outcome measures, optimal intensity, frequency, cost and effectiveness of rehabilitation</p>
Activities during previous 12 months	<p>The MS SIG was active during the year 2021 in spite of the pandemic and has organized multiple events virtually and collaborated with many organizations to spread the awareness of the disease, its management and multidisciplinary rehabilitation care, discussed about the hidden disabilities, and problems faced by the persons with MS during the pandemic and suggested solutions.</p>

IX Annual Conference of Indian Federation of Neurorehabilitation

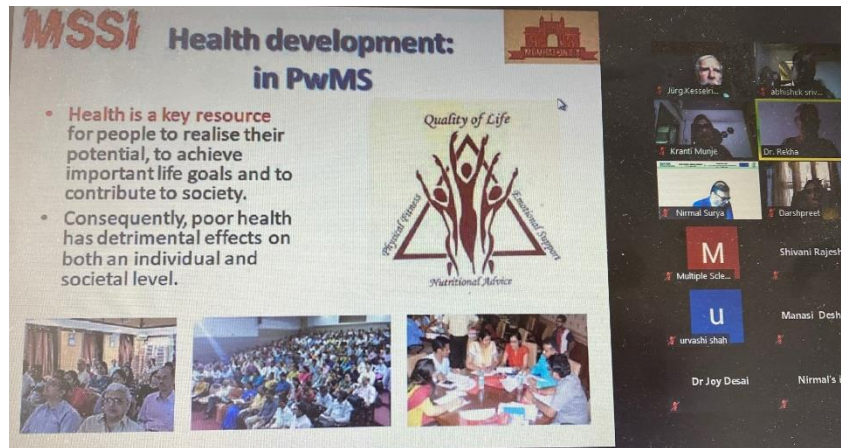
(IFNRCON) 10-11th April 2011

Virtual MS Rehab Symposium in IFNRCON

A symposium on Rehabilitation in Multiple Sclerosis was conducted during Virtual 9th Annual National Conference of Indian federation of Neurorehabilitation (IFNRCON) on 11th April 2021. The symposium was conducted in joint collaboration between Multiple Sclerosis Special Interest Group of World Federation of Neurorehabilitation (MS SIG- WFNR) and Rehabilitation in Multiple Sclerosis (RIMS Europe). The symposium was chaired by Dr Joy Desai, Senior Neurologist and Dr Rajesh Pramanik, Senior Rehab Physician from India. This symposium had three talks; first by Dr. Abhishek Srivastava, Chair, MS SIG -WFNR, on “Principles of rehabilitation on MS, second by Prof Jurg Kesselring Co chair MS SIG - WFNR on “Multiple Sclerosis and more self-confidence” and third talk by Dr Brichetto Giampaolo, Vice President RIMS Europe on “Outcome measures in MS: How to monitor the effects of rehabilitation”. The talks were followed by an interactive discussion coordinated by the chairpersons.



Special Public Forum Session was conducted during the Conference on Rehabilitation in Multiple Sclerosis in association with Multiple Sclerosis Special Interest Group of World Federation for Neurorehabilitation (MS SIG WFNR) and Multiple Sclerosis Society of India (MSSI). The sessions has three presentations by Mrs Shiela Chitnis, President MSSI on the activities done by the organization with special emphasis on the help provided to persons with MS during the pandemic, second by Prof Jurg Kesselring, Co Chair, MS SIG, WFNR on Resilience in MS and third by Mrs Kranti Munje, Committee Member of MSSI on Living with MS with Positive Attitude. The program was Chaired by Dr Abhishek Srivastava, Chair MS SIG, WFNR and Coordinated by Dr Urvashi Shah. The presentations were follows by an interactive discussion and many persons with MS attended the virtual program, shared their experiences of difficulties and solutions to problems faced during the pandemic.



World MS Day 30th May 2021

Public awareness program was conducted in association with Indian Federation of Neurorehabilitation and Multiple Sclerosis Society of India on the World MS day. It was a virtual meeting chaired by Dr Nirmal Surya, President IFNR and Mrs Sheela Chitnis, Chairperson MSSI. Panel discussion was conducted with multidisciplinary team consisting of Dr Abhishek Srivastava Rehab Physician (Chair, MS SIG, WFNR), Dr Rekha Bhatkhande Gastroenterologist, Dr Charu Raghvan Neuropsychologist, Purshottam Dantala

	<p>Orthotist, Deepti Kamble Occupational Therapist, Sonal Chitnis Speech and Swallow Therapist, and Hitav Someshwar Physical Therapist. Many important issues regarding disability assessment and certification of MS population, problem faced and home care services and support during pandemic, care for nonmotor symptoms of MS, need of changing disease modifying drugs and feasibility of vaccination in people with MS were discussed.</p>
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Indian Federation of Neurorehabilitation

in collaboration of

Multiple Sclerosis Society of India- Mumbai Chapter &

Multiple Sclerosis SIG of World Federation of Neurorehabilitation

Invites you for the

"Public Awareness Session" on

'World MS Day 2021' 30th May 2021,

11:00am-01:00pm IST

Zoom Meeting ID- <https://us06web.zoom.us/j/86169606403>



Dr. Nirmal Surya
Moderator & Chairperson
President, IFNR



Ms. Sheela Chitnis
Chairperson
Co-founder, MSSI

Speakers



Dr. Abhishek Srivastava
Physiatrist



Dr. Purshottam Dantala
Orthotist & Prosthetist



Dr. Rekha Bhatkhande
Secretary, MSSI



Dr. Charu Raghavan
Neuropsychologist



Ms. Sonal Chitnis
Speech & Language Pathologist



Dr. Hitav Someshwar
Physiotherapist



Dr. Deepti Kamble
Occupational Therapist

World Brain Day 22nd July

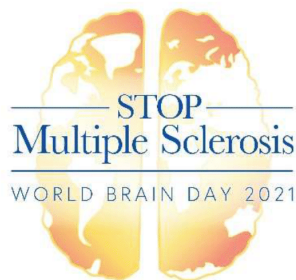
**WORLD BRAIN DAY 2021
STOP
MULTIPLE SCLEROSIS**



Thursday, 22nd July 2021 – 05:30pm-07:00pm (IST)

On Zoom Link: <https://bit.ly/WorldBrainDay2021>

Chair: Dr. Nirmal Surya / Dr. Abhishek Srivastava		
05:30pm-05:45pm	Inaugural Speech & WBD	Prof. Tissa Wijeratne, Australia Chair, World Brain Day, WFN
05:45pm-06:00pm	Neurorehab in MS	Prof. Jurg Kesselring, Switzerland
06:00pm-06:30pm	Panel Discussion	Prof. Caterina Pistarini, Sec. General, WFNR Dr. Abhishek Srivastava, Chair, MS (SIG) WFNR Dr. Urvashi Shah, Neuropsychologist Dr. Suvarna Ganvir, Neurophysiotherapist Dr. Shashi Oberai, Occupational Therapist Ms. Sonal Chitnis, Speech Therapist Ms. Sheela Chitnis, Social Worker
06:30pm-07:00pm	Question / Answer	Moderator: Dr. Nirmal Surya, President, IFNR



Every year 22nd July is observed as World Brain day, with a focus on different themes each year. In 2021 the theme was “Stop Multiple Sclerosis”. Keeping in

tune with this theme World Federation of Neurorehabilitation (WFNR) in collaboration with its Special Interest Group on Multiple Sclerosis and other Demyelinating Disorders (MS SIG), World Federation of Neurology (WFN), Indian Federation of Neurorehabilitation (IFNR) and Multiple Sclerosis Society of India (MMSI) organized a virtual awareness program on 22nd July for improving awareness about MS and to discuss strategies to stop MS. The program was chaired by Dr Nirmal Surya, Member at large WFNR/ President IFNR and Dr Abhishek Srivastava, Chair MS SIG WFNR/ Secretary IFNR.

Dr Nirmal Surya welcomed all the participants and invited Prof Tissa Wijeratne from Australia, President of World Brain Day Committee to deliver the inaugural speech. He gave an overview of Multiple Sclerosis across the globe and appreciated the Indian culture which emphasized on mental health and is most important in MS considering its relapsing and remitting nature. He further lauded the efforts of IFNR for being a torch bearer in carrying out the neurorehabilitation education in the best possible way. It was followed by expert guidance to understand the strategies for Rehabilitation in MS from Prof Jurg Kesselring, Co-Chair, MS SIG, WFNR. He highlighted the various strategies including Resilience and Neuroplasticity to improve function in persons with MS. Dr. Chandrashekh Meshram Senior Neurologist, very active in the field of Neurorehab and has done a lot of work in spreading awareness about the neurological diseases insisted on creating more opportunities for patients with MS.

WORLD BRAIN DAY 2021
STOP
MULTIPLE SCLEROSIS

WFNR
World Federation of Neurology
MSRI
MULTIPLE SCLEROSIS SOCIETY OF INDIA
IFNR

Thursday, 22nd July 2021 - 05:30pm-07:00pm (IST)
On Zoom Link: <https://bit.ly/WorldBrainDay2021>

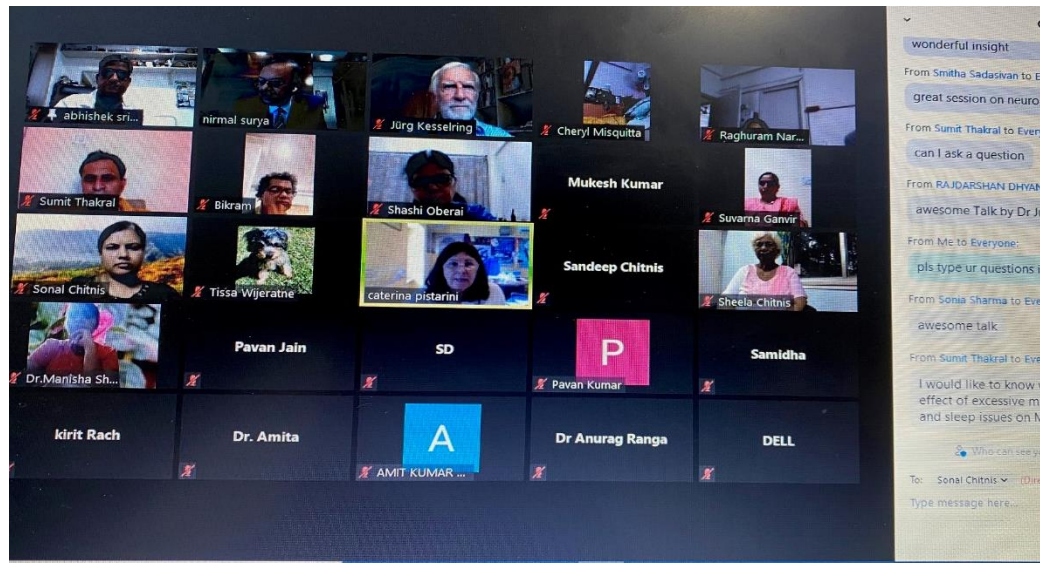
Chair: Dr. Nirmal Surya / Dr. Abhishek Srivastava

05:30pm-05:45pm	Inaugural Speech & Welcome	Prof. Tina Wernke, Australia Chair, World Brain Day, WFNR
05:45pm-06:00pm	Neurorehab in MS	Prof. Jörg Kesselring, Switzerland
06:00pm-06:15pm	Panel Discussion	Prof. Caterina Fritsch, Sec. general, WFNR Dr. Abhishek Srivastava, Chair, MS (MG) WFNR Dr. Urvasi Shah, Neuropsychologist Dr. Seema Ganti, Neuropsychiatrist Dr. Bhaski Ghose, Occupational Therapist Ms. Sonal Chakraborty, Speech Therapist Ms. Shreya Chakraborty, Social Worker
06:15pm-07:00pm	Questions / Answer	Moderator: Dr. Nirmal Surya, President, IFNR



Panel discussion followed next, which included multidisciplinary rehabilitation team members from various disciplines. It was moderated by Dr. Nirmal Surya.

Panel discussion began with Dr. Surya's question to Prof Caterina Pistarini, Sec General, WFNR regarding the widespread effect of MS on general public. She very crisply explained the need and strategies to counter the effect of the disease and overview of the activities of WFNR. Dr. Abhishek Srivastava in his remark informed about the proposed work to be done by Special Interest Group of MS, WFNR in next one year which includes reaching out to patients with MS, making guidelines for impairment specific rehab approaches, to formulate family and home based and low cost rehab programs. Further Dr. Urvashi Shah, neuropsychologist explained the importance of simple brain gym exercises to combat the mental depression which is seen among patients with MS. Dr. Suvarna Ganvir, Neurophysiotherapist commented on impairments and range of available physical exercises to tackle these. Dr. Shashi Oberoi, Occupational Therapist stressed on the ways to keep the patient independent in doing activities of daily living through various energy conservation techniques. Sonal Chitnis Speech therapist, emphasized the need of early identification of speech impairments and team approach to combat the same. Ms Sheela Chitnis, Social Worker, narrated the problems faced by patients with MS and the work done by MSSI for providing better quality of life to them. Attendees included a range of professionals from multidisciplinary rehabilitation teams and common people who asked questions to the panelists which were answered to their satisfaction.



4th Asia Oceanian Congress on Neuro Rehabilitation (AOCNR 2021) 6th - 8th

August virtually

Symposium on MS Rehab in AOCNR

A symposium on Rehabilitation in Multiple Sclerosis was conducted in the Virtual V Asia Oceania Conference of Neurorehabilitation (AOCNR 2021) on 7th August. The symposium was a joint collaboration between Multiple Sclerosis Special Interest Group of (MS SIG, WFNR) and Rehabilitation in Multiple Sclerosis (RIMS Europe). This symposium was chaired by Dr. Abhishek Srivastava, Chair, MS SIG WFNR and had four speakers. The first talk was by Dr. Tapas Banerjee, Senior Neurologist from India on “Recent advances in medical management of MS”, second by Dr. Navita Vyas, Senior Pain Physician from India on “Pain management in MS”, third by Dr. Daphne Kos from Belgium, President, RIMS Europe on “Transmural rehab teams in MS” and the last talk

by Professor Jurg Kesselring, Co-Chair MS SIG, WFNR from Switzerland on “Neuro Rehabilitation In MS – building resilience based on neuro plasticity”. The talks were followed by an interactive discussion coordinated by the chair for the sessions.

INTRODUCTION

- Pain is estimated to occur in approximately 29–86% of patients at different stages of MS
- Pain may occur at all stages of MS, and it is reported by as many as 11–23% of newly diagnosed patients
- Undertreated
- MS patients suffering from various types of pain, 40% had difficulty working, 44% had difficulty sleeping and 34% reported troubled interpersonal relationships (Warnell et al)
- Significantly affects quality of life
- Frequency of pain increases with the progression of MS
- Dominating syndrome in its advanced stages.

Participants listed on the right: Dr Abhishek, Dr Abhishek Srivastava, Dr. Tapas B..., DR. Tapas Banerjee, Daphne..., Daphne K..., Chowgule...

Transmural MS Team programs

Target-specific programs

Employment	Cognition	Mobility	Bladder & Bowel management	Fatigue management	Support	Intimacy & Sexuality	Mindfulness
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Participants listed on the right: Dr Abhishek Srivastava, Dr. Tapas Banerjee, Jurg Kesselring, DR. Tapas Banerjee, Chowgule Medi..., Chowgule Medicon...

Public Forum on MS in AOCNR

Public forum sessions were conducted in association with several different national and international NGOs working with various neurological conditions viz. Traumatic Brain Injury, Spinal Cord Injury, Parkinson’s Disease, Motor

	<p>Neuron Disease, Dementia, Epilepsy, Multiple Sclerosis, Cerebral Palsy and Stroke. These sessions were a forum to bring together patients and caregivers and provide them with a platform to interact and engage in discussion with experts and professionals from dedicated organizations. All the sessions were open for anyone to join for free and reached thousands of participants. The virtual nature of the platform enabled this extensive reach and provided convenient access to individuals with physical disabilities. Patients as well as caregivers were active participants in the same. The MS session was attended by 118 people and convened by Ms. Kranti Munje of Multiple Sclerosis Society of India, India. The panel discussion included Dr. Abhishek Srivastava (Chair, MS SIG, WFNR), Darshpreet Kaur (Physiotherapist, India)\, Dr. Suresh Kumar (Neurologist, India) and Madam Kirubalini Balasubramaniam (MS Society, Malaysia) who shared her lived experience with MS. The session was moderated by Dr. Satish Khadilkar (Neurologist, India). There was a lively panel discussion on how COVID pandemic has affected the life of people with MS, how to keep yourself motivated, doing self exercises, maintaining endurance and on safety and type of vaccinations for people with MS.</p>
	<p>-MS Public Forum IFNRCON 2022</p>

Moderator: Rekha Bhatkhande

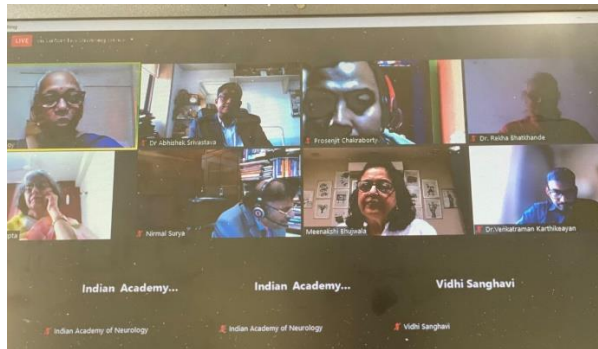
Panelists:

Sheela Chitnis

Abhishek Srivastava

Mamta Gupta

Meenakshi Bhujwala



The MS SIG WFNR conducted a Public forum Meeting with IFNR MSSSI India to meet all the stakeholders involved and discuss the way forward.

MS Rehab Symposium IFNRCON 2022

Convener - Abhishek Srivastava

Chairperson - Jurg Kesselring

Advances in Medical Management - Thomas Matthew

Principles and Practice of MS Rehab - Anupam Gupta

Autonomic Dysfunction in MS -Ellen-Hagen M

Fatigue in Multiple Sclerosis - Netravathi M



The MS SIG convened a session of MS Rehab in the IFNRCON 2022 and was chaired by the Co-chairs with speakers from all across the globe discussing pertaining issues in MS Rehab followed by an interactive discussion.

World Multiple Sclerosis Day 30th May 2022



Public Awareness Program World Multiple Sclerosis Day

Monday, 30th May 2022 | 6:30 PM IST

Faculty



Moderator



Link: <https://zoom.us/j/99373759047>



Multiple Sclerosis SIG, WFNR in association with Indian Academy of Neurology and Indian Federation of Neurorehabilitation had conducted a Virtual Panel Discussion to celebrate the World MS Day on 30th MAY 2022 to disseminate the information regarding newer treatment modalities in the treatment of multiple sclerosis along with pertinent discussion on newer approaches in rehabilitation of persons with multiple sclerosis.