

## WFNR SPECIAL INTEREST GROUP ANNUAL REPORT

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) 10-11<sup>th</sup> April 2011**

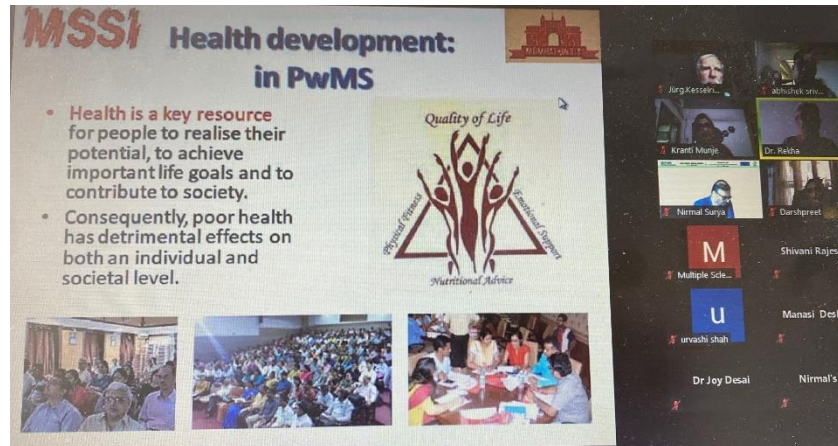
**Virtual MS Rehab Symposium in IFNRCON**

A symposium on Rehabilitation in Multiple Sclerosis was conducted during Virtual 9<sup>th</sup> Annual National Conference of Indian federation of Neurorehabilitation (IFNRCON) on 11<sup>th</sup> 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 30<sup>th</sup> 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

	<p>Srivastava Rehab Physician (Chair, MS SIG, WFNR), Dr Rekha Bhatkhande Gastroenterologist, Dr Charu Raghvan Neuropsychologist, Purshottam Dantala 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' 30<sup>th</sup> 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 22<sup>nd</sup> July

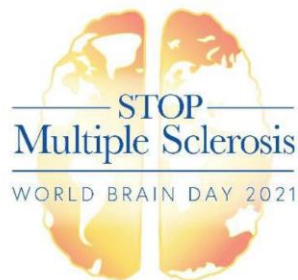
### WORLD BRAIN DAY 2021 STOP MULTIPLE SCLEROSIS



Thursday, 22<sup>nd</sup> 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 22<sup>nd</sup> 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 22<sup>nd</sup> 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.

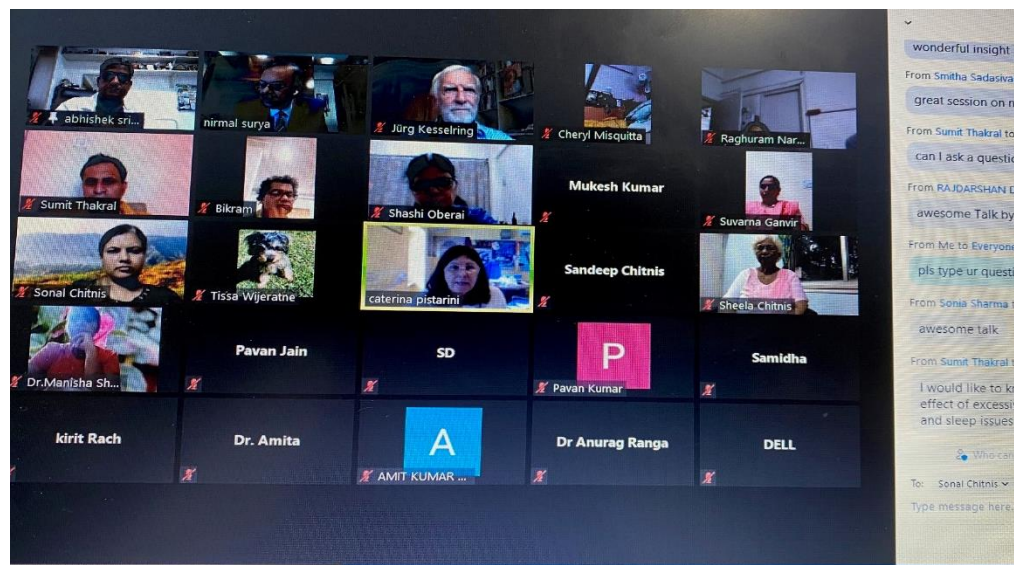
Dr Nirmal Surya welcomed all the participants and invited Prof Tissa Wijeratne from Australia, President of World Brain Day Committee to deliver the inaugural speech. He gave an overview of Multiple Sclerosis across the globe and appreciated the Indian culture which emphasized on mental health and is 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.





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 MSSSI 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.



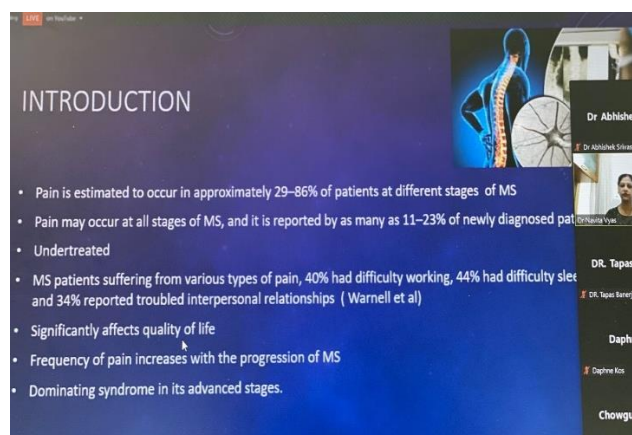
#### **4<sup>th</sup> Asia Oceanian Congress on Neuro Rehabilitation (AOCNR 2021) 6<sup>th</sup> - 8<sup>th</sup>**

##### **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 7<sup>th</sup> August. The symposium was 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 fist 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.



**Public Forum on MS in AOCNR**

	<p>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 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>
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Proposed activities	<ul style="list-style-type: none"> <li>• <b>To improve awareness of signs and symptoms of the disease and timely treatment</b></li> <li>• <b>Treatment outcome of newer biological agents</b></li> <li>• <b>Awareness and availability of the rehab services</b></li> <li>• <b>Focused Rehab Programs</b></li> <li>• <b>Cost Effective Rehab programs as per local needs</b></li> <li>• <b>Newer approaches for family or community based rehab</b></li> </ul>
Publications	-

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