



FOUNDATION  
Of the Consortium of  
Multiple Sclerosis Centers

# PILLARS

A newsletter brought to you by the Foundation of the Consortium of Multiple Sclerosis Centers

MAY 2018

## Welcome Letter from Dr. Gary Cutter



Dear Friends of the Foundation of the CMSC:

As we step up preparations for the Annual Meeting of the Consortium of Multiple Sclerosis Centers taking place in Nashville, Tennessee from May 30-June 2, we note one pervasive theme running through the Meeting and through the entire continuum of multiple sclerosis care: **the team approach**. The CMSC Annual Meeting is the one place all these disciplines come together with a common interest.

Not so long ago, the term "medical care" was a narrow view of a physician who made treatment decisions, and maybe a nurse who assisted that doctor. Today, care for persons with MS is so much more nuanced than that. The MS community has begun to embrace the concept of the care team as the most effective way to help those with MS lead vibrant, productive lives.

The "team approach" to MS is a multidisciplinary concept designed to support patients and their families. The patient's team will often include a general practitioner, a neurologist, nursing professionals, rehabilitation specialists, mental health specialists, and other specialties as needed for the patient's specific concerns, from negotiating with payers to providing advice on "information" seen on social media.

As we reviewed the various Foundation programs that will be included on the Annual Meeting agenda, we noted that the team approach is reflected in the Foundation's work as well. Our programs include a one-day live mentorship program at the annual meeting; pilot research grant awards; medical student research scholarships; rehabilitation, nursing, and neurology resident scholarships at the annual meeting; and rehabilitation specialist onsite training programs during the year. The Foundation recognizes that each specialty is meaningful to MS care and clinical research. Our outreach and our programming reflect this belief. At no time is this more apparent than at the Annual Meeting, when we come together at our Scholars Luncheon to recognize and honor all of our grant and scholarship recipients.

I encourage you to stop by the Foundation's booth in the Exhibit Hall in Nashville to find out more about the great work we are doing to support the MS healthcare community.

Best Regards and hope to see you at CMSC,

Gary R. Cutter, MS PhD  
President, FCMSC Board of Trustees

## FCMSC Annual Meeting Scholarships



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**The Foundation of the CMSC is helping to create the MS WORKFORCE OF THE FUTURE with these unique programs designed to bring up-and-coming clinicians and researchers to our Annual Meeting. In all, the Foundation will provide funds to bring 90 young professionals to Nashville thanks to grant funding from several sources.**

**MS Mentorship Forum- 45 Residents and Fellows** will attend this unique full day program designed to train and guide emerging neurology scholars for a successful and productive career in MS. Generous support for this program was received from Biogen, Celgene and Mallinckrodt.

**MS Neurology Residents Annual Meeting Scholars - 15 medical residents** in the field of neurology, with the recommendation of their Director, will receive scholarships to attend the Annual Meeting to encourage them to become more familiar with multiple sclerosis and its treatment thanks to generous support from AbbVie and Sanofi Genzyme.

**Medical Student Research Scholars - 12 medical students** mentored by CMSC member researchers and clinicians will present their research projects in poster format at the CMSC annual meeting. This program was generously supported by Bayer, The Inserra Family, Acorda Therapeutics, Genentech, and Sanofi Genzyme.

**MS Rehabilitation Students Annual Meeting Scholars- 4 graduate students** in the field of rehabilitation therapy will access specialized MS education and opportunities through attendance at the Annual Meeting. Generous support for these scholarships was received from AbbVie and Sanofi Genzyme.

**June Halper Nurses Annual Meeting Scholars- 14 nurses** will be given the opportunity to participate in the CMSC annual meeting. As part of this program, the Foundation will also provide assistance in studying and sitting for the Multiple Sclerosis Certified Nurse (MSCN) Examination. This program is generously funded by EMD Serono.

## My Story: Rehabilitation Therapy Specialty Training Program



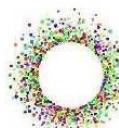
Physical therapist Alexis Williams blogged about her experience at the MS Rehabilitation Therapy Specialty Training Program at the OPTIMUS MS Clinic at the Foothills Medical Centre in Calgary, Alberta. For more on Alexis' experience, which was made possible by a FCMSC grant, go to <http://cmscfoundation.org/Blog.pdf>.

This past week, I had the opportunity to travel to Calgary, Canada to participate in the Multiple Sclerosis (MS) Rehabilitation Therapy Specialty Training Program at the OPTIMUS MS Clinic at the Foothills Medical Centre. This program is a 35-hour, on-site training program offered to clinicians in the rehab professions interested exploring rehabilitation in MS. The program is sponsored by the Consortium of Multiple Sclerosis Centers (CMSC) and the International Organization of Multiple Sclerosis Rehabilitation Therapist (IOMSRT).



The Outpatient Treatment in Multiple Sclerosis (OPTIMUS) program is an outpatient clinic focused on comprehensive MS care and is housed under the MS Clinic at the Foothills Medical Center (FMC). It is a short-term service for people with MS that offers MS specific assessment, treatment, rehabilitation, education, and psychosocial support. The comprehensive model includes physical therapy, occupational therapy, psychologist, social work, and a registered nurse and was developed for individual with MS in the earlier stages of the disease as a short term, self-management program. Patients of the program are typically seen once every 2-3 weeks for a maximum of 10 visits (4-5 visits average; plus or minus depending on concern).

Each day consisted of a full schedule of shadowing the various members of the MS team. Additionally, we were provided the opportunity to meet 1-on-1 with each specialty throughout the week to dive deeper into their role within the program and in caring for individuals with MS.



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## FOUNDATION FRIDAY FUN WALK

Only \$25

### For the Fun Walk!

Your registration benefits the invaluable scholarships, fellowships, and research made possible by the Foundation.

Throw on those sneakers and join us.

Friday, June 1<sup>st</sup>  
6:00 a.m. – 7:30 a.m.

Join us at any time at the Music City Walk of Fame Park!! T-shirt and water provided.



**Foundation of the Consortium of Multiple Sclerosis Centers**

[info@cmscfoundation.org](mailto:info@cmscfoundation.org)

3 University Plaza Drive, Suite 116, Hackensack, NJ 07601  
(201) 487-1050

[www.cmscfoundation.org](http://www.cmscfoundation.org)

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