



PILLARS

September 2020

Dear Friends of the Foundation of the CMSC:

To say this year has been challenging and heart-breaking is an understatement. The COVID-19 pandemic has caused widespread disruptions in clinical care, research and education. Moreover, it has impacted us all on a personal and professional level.



For the first time ever, the CMSC annual meeting had to go completely virtual for the safety of our members and staff. Our annual meeting brings the entire spectrum of clinicians together who take part in MS clinical care so not meeting in-person was definitely difficult for all of us. However, despite not meeting in person, we came together in cyberspace and successfully pulled off a fantastic meeting that focused on the multidisciplinary care in MS and beyond.

Importantly, the Foundation of CMSC (FCMSC) was involved in bringing important content to our annual meeting and once again brought together foundation scholars/grant awardees, fellows, mentors, and leaders in MS clinical care and research for the 2020 Workforce of the Future Mini-Forum. During this virtual webinar, a robust and comprehensive review was done on the evolution of MS care including present and emerging treatment interventions. Additionally, the importance of the workforce of the future was discussed and reviewed along with how the Foundation is supporting these efforts.

In addition to training, our programs expand opportunities for important pilot research initiatives, often in areas and disciplines that receive less attention from other organizations and funding sources. These pilot studies can lead to larger efforts answering important questions about MS.

The FCMSC is dependent upon organizational and individual contributions to support our work. We take pride in our efforts (some of which are listed here) and express our deepest thanks to our many supporters.

Please join us in celebrating the achievements of the FCMSC allowing us to support future programs. Explore the FCMSC through our website and read about the personal stories of those assisted by the Foundation. Please make your personal or corporate contribution to these important efforts.

As always, we thank you for your support of the Foundation and its core missions.

Best Regards,



Scott Newsome, DO, MSCS, FAAN, FANA
President, FCMSC Board of Trustees

Medical Student Research Scholar Program Continued for 2020

Since its founding, [The Foundation of the Consortium of Multiple Sclerosis Centers \(FCMSC\)](#) has been dedicated to supporting the [Workforce of the Future in MS](#). One aspect of this support is to provide funding for medical students to conduct pilot research topics of interest in [MS](#) in collaboration with neurology thought leaders. It is hoped that early exposure to the intricacies of [MS](#) care and research will result in an increased number of medical students selecting neurology as an area of specialization when they make their career choice.

Medical students, selected through a competitive process, will develop supervised [MS](#) research projects and work under the supervision of an expert [MS](#) mentor in appropriate clinical settings. Selection of qualified candidates is conducted independently of grant supporters or any other financial interests and is conducted per criteria set by an [FCMSC](#) Research Review Committee.

Students work in academic locations or institutions offering research opportunities and/or comprehensive [MS](#) care, enabling them to participate in the spectrum of care designed to address the needs of patients and families throughout a lifetime with [MS](#). The teams may consist of a lead researcher and his or her colleagues, or a comprehensive care team including a neurologist, advance practice clinicians, rehabilitation specialists, and mental health professionals.

2020 scholarship recipients will organize and complete research projects and will present their findings at the [CMSC's](#) 2021 Annual Meeting in San Diego, California. The goal of this program is to stimulate the interest of medical students to choose multiple sclerosis or neurology as their career.

Supporters of this program for 2020 include: Lawrence R. Inserra, Jr., Bristol Meyers Squibb, Genentech, and the Foundation of the CMSC.

The Foundation of Consortium of Multiple Sclerosis Centers (FCMSC) Hosts Virtual Mini-Forum for Emerging Neurology Scholars

The Mentorship Program Provides Training and Guidance for Successful Medical Careers in Multiple Sclerosis



The Foundation of Consortium of Multiple Sclerosis Centers (FCMSC) held a Workforce of the Future Mini-Forum on June 17th. The program was held virtually and was uniquely designed to train and guide emerging neurology scholars for a successful and productive career in MS. The program drew more than 60 participants including Residents, Fellows, Peer Mentors as well as Senior Mentors and Program Chairs from all over the country.

The mini-forum featured a presentation by Dr. Fred D. Lublin, of the Corinne Goldsmith Dickinson Center for Multiple Sclerosis Mount Sinai School of Medicine New York. He provided expert insight on the "Promise and Progress in MS: Where We Are, Where We Are Going." Dr. Lublin's comprehensive lecture covered MS diagnosis and misdiagnosis, phenotypes, new disease courses, treating MS as well as the future in MS care.

The FCMSC Workforce of the Future Mini-Forum also included a panel with Q&A on "Overview of MS Mentorship Forum-What's Next for 2021." This core program of FCMSC was presented by Marwa Kaisey, MD and Nancy Sicotte, MD, FAAN, from Cedars Sinai.

The Mentorship Forum is a series of lectures and discussions held during the annual CMSC meeting. It provides real world guidance on training, career, research, and work-life topics from peers and mentors. The program also involves education and discussions on topics that aren't usually directly addressed in formal training and participants are able to meet and establish life-long colleagues in the MS clinical and research community.

"Mentorship forum is a great opportunity to find guidance in what are still very difficult first steps in a career... establishing long lasting relations with people already established in the field is essential," said a 2019 participant at the FCMSC Mentorship Forum in Seattle, WA.

The last component of the mini-forum was a presentation by Ahmed Obeidat, MD, PHD, Assistant Professor, Medical College of Wisconsin about the MS PiT (Professionals In Training) Special Interest Group. He provided a summary of MS PiT and spoke about its main mission to help engage and support young professionals in the field of MS care including medical students, residents, nurses, PAs, rehab specialists, mental health specialists, and pharmacy students. Dr. Obeidat also discussed the unique benefits the group offers its members including virtual mentorship, dedicated newsletter, free online education as well as opportunities to get published in the International Journal of MS Care (IJMSC).

The FCMSC Workforce of the Future Mini-Forum was moderated by June Halper, MSN, APN-C, MSCN, FAAN, CEO, CMSC and Scott Newsome, DO, MSCS and newly elected President of CMSC. The sponsors of this educational program were Biogen and Bristol Myers Squibb.

Since 2015, 150 neurology residents and fellows have participated in the annual FCMSC Workforce of the Future Forum. Several who started as FCMSC Medical Research Student Scholars, progressed to neurology residents and now participate at the MS Mentorship

Forums as well as have become peer mentors. Seven medical students who participated are now neurology residents and also are giving back by coming mentors.

Applications for the 2021 FCMSC Workforce of the Future Mentorship Forum Program will be available at the end of the year. Please visit www.cmscfoundation.org for more information. To become a member of MS PiT visit <http://www.ms-pit.org/>

"These all encompassing and unique programs from FCMSC are specifically designed for the next generation of MS healthcare professionals and provide a strong network and community for education, support and growth," added June Halper, CEO, CMSC.

To view or listen to the program click on link:

<https://cmscfoundation.org/ms-workforce-of-the-future-mini-forum-program/>

Spotlight on: Hina Garg, a previous scholar of the Susan E Bennett MS Rehabilitation Therapy Specialty Training Program

(This program recently renamed in memory of
Program Founder Susan E Bennett, PT, DPT, EdD, NCS, MSCS)



Since 2008, the FCMSC has enabled advanced MS rehabilitation training sessions for licensed rehabilitation specialists as well as graduate students enrolled in accredited rehabilitation programs. Below is the story of a past rehab trainee who has reflected on her experience in the program.

I was awarded the Multiple Sclerosis (MS) Rehabilitation Fellowship by the Foundation of Consortium of MS Centers in 2012 during my doctoral program. This fellowship allowed me to observe and interact with an interdisciplinary physical medicine and rehabilitative team at the Mellen Center, Cleveland clinic. Within my one-week fellowship experience, I witnessed several MS healthcare providers in action, received hands-on training and watched the efficiency of interprofessional communication and practice. The fellowship site (Mellen Center) truly demonstrated the effectiveness of a dedicated team in improving health care for people with MS. Since then, I have tried to actively participate in clinical collaborations and utilize expertise and evidence within my clinical practice for people with MS.

Through the funded fellowship, and upon attending additional Foundation and Consortium events such as the annual meetings, I have been able to form several positive mentor relationships which have been instrumental in charting my life as a MS clinician and early career researcher. I have been consistently impressed by the Annual Consortium of MS Centers meeting due to the quality of speakers, and the excellent choices of educational and research sessions which considerably enhance the attendee's knowledge. Moreover, the willingness of the speakers to engage in in-depth discussions on clinical topics about MS at events allow the attendees to immediately get involved in the field. Many such clinical associations have allowed me to present platform and poster presentations at annual meetings which has significantly contributed to my scholarship abilities.

I encourage residents and doctoral students from medical and rehabilitation backgrounds to seek and apply for the consortium fellowships to explore and learn about MS and attend the Annual consortium meetings for education and clinical innovation in MS.

Hina Garg, PT, MS, PhD, CEEAA
Board certified Clinical Specialist in Neurologic Physical Therapy (NCS)
Assistant Professor, Entry-level DPT program
Multiple Sclerosis Program Director
Other specialties: Vestibular, Pelvic Rehabilitation

Easy Ways to Support the Foundation of the CMSC in 2020

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Friends of the Foundation Direct Donations: By becoming a Friend of the Foundation, you can help us meet our goal: creation of an expert cadre of skilled and committed research for the thousand of people living with MS now and in the future. With your contribution, which you may designate as a tribute to a family member, friend or colleague, you become a Friend of the Foundation.

For more info go to: <http://cmscfoundation.org/friends-of-the-foundation/>



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