CMSC President Highlights Annual Meeting in Atlanta

This year, more than 1,300 health care professionals attended the 23rd Annual Meeting of the Consortium of Multiple Sclerosis Centers (CMSC) entitled “Teamwork, Trends, and Technology: New Solutions in Multiple Sclerosis.” This meeting marked the second joint meeting of CMSC with ACTRIMS (the Americas Committee for Treatment and Research in Multiple Sclerosis), an association we are very proud to see growing stronger each year. The Donald W. Paty Memorial Lecture, which was given on May 30th by Dr. Alberto Ascherio on “Environmental Factors that Contribute to MS Susceptibility,” was co-sponsored by the CMSC and ACTRIMS.

The CMSC offers a broad range of educational programs at the Annual Meeting each year, designed to inform health care providers who specialize in MS care. It presents a unique opportunity for professionals actively involved in MS care and research to share information and learn from each other. This is represented by established programs such as the John Whitaker Research Track, featuring a full day of cutting-edge scientific presentations by emerging researchers, as well as this year’s symposium series on Expanding Critical Thinking in MS: Ethical Considerations in Research and Management, which offered new insights into the ethics, challenges, and practical considerations of managing patients with MS, some of which will be featured in the next issue of the MS Exchange.

The CMSC continues to support the future of MS care with ongoing committees that review available

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Meetings on updated magnetic resonance imaging (MRI) guidelines and mesenchymal stem cell therapy. A number of symposia and workshops were also offered for MS nurses and rehabilitation specialists.

The LACTRIMS (Latin American Committee for Treatment and Research in MS) Lecture given by Dr. Victor Rivera provided a unique perspective on the epidemiology of MS in the Latin population, along with a history on LACTRIMS itself. Afterwards, I was honored to present, along with June Halper and Dr. James Simsarian, the CMSC Lifetime Achievement Award to Dr. Rivera for his many contributions to the body of MS knowledge (see photo, left).

We continue to host dinners and meeting time with our collaborators, the International Organization of MS Nurses (IOMSN), the International Organization of MS Rehabilitation Therapists (IOMSRT), the MS Coalition, and the Veteran’s Affairs (VA) Special Interest Group, all of whom held productive meetings on the first night of the Annual Meeting. In addition to a variety of comprehensive learning activities, we also had time to network and have fun with our colleagues in the field—and we were once again treated to a concert by Clay Walker and a special closing night dinner at the Georgia Aquarium.

Every year we say “it will be hard to top this meeting!” and yet, thanks to your attendance and participation, we did and we do. Let us all look forward to the 24th Annual Meeting of the CMSC in San Antonio, Texas, June 2-5, 2010.

—Colleen Harris, MN, NP, MSCN
The International Journal of MS Care Establishes Annual Award

The first annual Robert M. Herndon award for the best article published over the past year in the International Journal of MS Care (IJMSc) was presented at the Consortium of Multiple Sclerosis Centers (CMSC) Annual Meeting in Atlanta, Georgia, May 27-30, 2009. The award went to Sharon A. Warren, PhD, first author of the article entitled “Comorbidity and Health-Related Quality of Life in People with MS,” which appears in the Spring 2009 issue. The award honors Dr. Herndon, who is Editor Emeritus of the IJMSc and current “Controversies” editor. It carries a stipend of $1,000 and, in selecting the award, preference is given to work presented at a CMSC Annual Meeting.

Published quarterly, the IJMSc contains peer-reviewed clinical and original research articles on topics of interest to multiple sclerosis (MS) care providers, including physician care, nursing care, rehabilitation, psychological care, and psychosocial care. It was established by Dr. Herndon in 1999 as a resource for those involved in the comprehensive care of patients with MS. Lael Stone, MD, a neurologist from the Mellen Center for Multiple Sclerosis Treatment and Research, took over as IJMSc Editor-in-Chief in the spring of 2008. Dr. Stone has been carefully implementing a number of changes to the IJMSc to make it as timely and accessible as possible.

The IJMSc draws its readership primarily from the CMSC membership, and is the official journal of the CMSC, the International Organization of Multiple Sclerosis Nurses (IOMSN), the International Organization of Multiple Sclerosis Rehabilitation Therapists (IOMSRT), and Rehabilitation in Multiple Sclerosis (RIMS). The Editorial Board of the IJMSc was modified in 2008 to meet the demands of its readership. “Our Editorial Board is representative of the many facets of the CMSC membership, all of whom are enthusiastic about moving the journal forward with a new and expanded role within the Consortium,” says Dr. Stone.

New Features and Developments

Managing Editor Annette Theuring came on board in January of 2009, and has already had a significant impact on improving various aspects of the infrastructure of the journal, Dr. Stone says. “We are forging tighter links with the CMSC website to ease navigation and visibility of the IJMsc, and we are considering the possibilities to increase and improve the searchability of past issues of the journal.” Some enhancements already in place include e-mail blasts of the Table of Contents to announce when new issues of IJMSc are posted online, and the feature “Practice Points,” which summarizes the journal’s most important take-home messages to help various levels of health care professionals working with patients with MS scan quickly for the content most relevant to their area of practice. As submissions increase, the editors anticipate reapplication for indexing in PubMed, the major and most wide-

NEW CMSC PRESIDENT AND BOARD MEMBERS

The CMSC is pleased to announce the election of Michael Kaufman, MD, as President-Elect, to succeed Colleen Harris in 2010. Rock Heyman, MD, and Marcia Finlayson, PhD, OTR/L, MSCS, were appointed to the CMSC Board for 2009-2011 as “Members at Large.”

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ly used medical database. The IJMSC is already indexed with CINAHL, a database used primarily by allied health professionals.

Theme issues are being evaluated. “Historically, one of the most successful issues was on mobility, and theme issues like these retain value for several years,” Dr. Stone says. The winter issue of 2009/2010 will be on “Depression in Multiple Sclerosis,” with Guest Editor Randolph Schiffer, MD, Medical Director, Cleveland Clinic Lou Ruvo Center for Brain Health. The IJMSC also publishes supplements of consensus conferences that are supported by the CMSC, including one in the summer issue on rehabilitation medicine.

The IJMSC is also expanding to cover educational events beyond the CMSC Annual Meeting. The abstracts from the Annual Meeting of RIMS were first published in the IJMSC in the summer of 2008. This year, the abstracts were published in the Spring issue prior to the meeting in April of 2009, and 500 copies were printed for distribution at the meeting in Genoa, Italy. Dr. Stone looks forward to the growth of this collaboration as well.

The goal of the IJMSC is to be the first place for clinicians caring for patients with MS to go for practical, up-to-date research and reviews pertinent to their daily work, explains Dr. Stone. “As such, we are particularly interested in articles that offer improvement for care and practice within the comprehensive care model.”

**Manuscript Submission Process**

Instructions for manuscript submissions are posted on the CMSC website (www.mscare.org) for the online journal, and in the print version of the IJMSC. Each article is subjected to a peer-review process. Comments are returned to the author with a decision either to “accept with minor revisions,” “resubmit with major revisions,” or “not appropriate to our journal at this time.” Once accepted and revised, the manuscripts are sent through copy editing and layout for final review and publication, with an average turnaround of 3-6 months. For the future, Dr. Stone plans on expanding the number of articles per issue. “We’ve experienced an increase in submissions during the past year as we’ve eased and streamlined the submission process, so we are hoping to publish more articles per issue,” she says.

To view copies of the International Journal of MS Care or to obtain submission guidelines, go to www.mscare.org

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To view copies of the International Journal of MS Care or to obtain submission guidelines, go to www.mscare.org
The Consortium of Multiple Sclerosis Centers (CMSC) Annual Meeting in Atlanta, Georgia, this past May 27th-30th was the most comprehensive and far-reaching yet, and the International Organization of Multiple Sclerosis Nurses (IOMSN) continues to build its presence within this strong organization. Certainly we had many multidisciplinary presentations, and many that focused on the expanding role of the multiple sclerosis (MS) nurse, which includes nurses specializing in infusion, home care, and managed care, as well as advanced practice nurses, MS center nurses, and those in multispecialty neurology clinics.

One of the most important discussion points centered around the changing role of the nurse with the emergence of oral therapies. We talked a lot about the fact that it will be increasingly incumbent upon the MS nurse to provide realistic expectations for newly emerging therapies. The challenges to administering the new oral medications include managing the side-effects profile and balancing the patient’s perception of ease of use with a sound understanding of the long-term impact on the immune system. Patients are generally eager to shift from injections to oral medications, but nurses need to assess and help them understand the long-term implications. These include sequestering T cells as well as future fertility issues. Many of our patients are women of child-bearing age, and, in the absence of long-term data, it becomes an important area to watch.

Many nurses traveled to the meeting from around the world. Discussion in many sessions focused on the importance of the nurse to comprehensive care, and how that role is changing. We have all come to recognize the economy’s major impact on medicine in general, and while many important positions are being cut, still other nurses retain their jobs, although their duties have expanded to include many things that do not involve MS at all (such as amyotrophic lateral sclerosis, stroke, and even spinal cord patient care). Where we used to specialize in MS, we’re now being driven to generalize our practice again. The new challenge is how we can utilize the great knowledge we are accumulating about MS care when we have less time to spend with each patient.

So much change is happening that will challenge our mission in MS care. As MS nurses, we know we have to keep our focus on MS, and to reinvent ourselves so we

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Annual Awards Presented at IOMSN Dinner

June Halper Award

The June Halper Award for Excellence in MS Nursing is presented for leadership and creativity in the care of people with MS and their families. The award signifies energy of purpose to provide or promote the most up-to-date comprehensive care possible.

Constance B. Easterling, MSN, ARNP, MSCN, shows her delight at receiving the June Halper Award.

Yolanda Harris, RN, MSCN, CPNP-AC, accepts the IOMSN Linda Morgante Hope Award on behalf of her colleagues.

IOMSN Linda Morgante Hope Award

The IOMSN Linda Morgante Hope Award is presented each year for the poster that best represents a spirit of optimism and possibility related to clinical care or education for patients with MS and their families. The 2009 award was given to Sarah Dowdy, MPH; Yolanda Harris, RN, MSCN, CPNP-AC; and Taylor Lander for the poster, “Go for the Gold! CPODD’s First Annual Retreat For Children with Multiple Sclerosis and Their Families.”

CMSC Executive Director June Halper (l) with Thumbs Up Award recipient Sally Jewell, RN, MSCN (ISC, Kentucky, USA).

IOMSN Thumbs Up Award

The Thumbs Up Award is presented to a person(s) who has been instrumental in advocating and promoting MS nursing.
can continue to drive the effective and supportive patient care we have spent so many years designing. It is important that we continue to grow our knowledge and expand our practice for our MS patients. One of the ways we hope to continue building the future of MS care is by forging stronger worldwide alliances with nurses with experience relating to MS. The IOMSN is reaching out to global partners, particularly the spinal cord and rehabilitation nurses, who have strong rehabilitation skills from which we can learn. Through partnerships like this, we hope to be able to start bringing the best of their resources to improve our practice for patients with MS.

It will be a challenging year for all health care professionals, but the IOMSN has built a strong alliance and we welcome the opportunity to learn and grow through this new environment. Please continue to support us with your participation, and send us your ideas and news!

—Amy Perrin Ross, APN, MSN, CNRN, MSCN
President, IOMSN
EXAM NEWS

Congratulations to the following candidates who passed the examination for Multiple Sclerosis Certified Specialist (MSCS) in February 2009:

UNITED STATES
Jed Elmalleh
Julie T. Fieschko
Jennifer Fromm
Jeffrey S. Gitt

Kate Lynn L. Gueno
Kelly J. Herbst-Fraeling
Michelle L. Leach
Allison C. Lipnick
Jacqueline E. Meador

April C. Montano
Lindsay J. Oskiuta
Susan L. Scarberry
Cathy J. Stadtlander
David Tabby

Bonavy C. Tran

CANADA
Raed A. Alroughani

Congratulations to the following candidates who passed the examination for certification or were recertified as a Multiple Sclerosis Certified Nurse (MSCN) in May 2009:

UNITED STATES
Sharon K. Allen
Wanda V. Bagley
Tanya Barcinas
Colleen A. Berding
Cynthia L. Bevington
Aubrey M. Blais
Heather J. Bowerly
Maureen J. Bowman
Marchelle E. Brown
Julie R. Coleman
Carrie Cromwell
Kelly K. Elio
Lori J. Fafard
Pamela W. Gray

Donna G. Graybill
Sandra Greenlee
Michelle D. Hamrick
Yolanda C. Harris
Maria Hughes
Phyllis Kaplan
Michelle M. Keating
Marie R. Malone
Heidi W. Maloni
Holly S. Mara
Susan McMillan
Maureen A. Mealy
Danielle Minetti
Joyce Molengraft
Stella L. Myatt

Christine E. Nangle
Jeanette P. Noel
Marcy M. Petro
Barbara L. Phillips
Gail A. Pratt-Shea
Carol M. Rathy
Catherine H. Raymond
Andrew N. Riley
Vicky L. Schwegmann
Elizabeth M. Shores
Bonnie L. Smithers
Roni Sperle
Debra L. Spexet
Linda A. Suvak
Linda A. Trimble

Michelle Vandemark
Michelle L. Whelan

CANADA
Janet M. Brown
Charmaine P. Campbell
Nathalie Girouard
Catherine Hilliker

FINLAND
Annikki M. Hallila
Tanja M. Helminen
Marjut K. Jalonen
Terttu Marjatta Leppakoski
Aino M. Makitalo
Ari Nuikki
Eeva-Maija Saaranto

Next Examination Sittings:
2009 Multiple Sclerosis International Certified Nurse (MSCN) Examination

Exam Dates: November 8, 2009 (England only)
November 14, 2009
Registration Deadline: September 15, 2009
Fee: $250

To Obtain Recertification Upon Expiration:
MSCN: Applications for MSCN recertification must be submitted at least 3 months prior to expiration date.
Deadline: August 29th for November 30th certification expiration
For recertification guidelines, go to: www.msnicb.org/Recertification.htm

MSCS: 2009 is the first recertification year for MS Certified Specialists. For those who were certified in 2004, certification expires on December 31, 2009.
For recertification guidelines, go to: www.msnicb.org/Recertification.htm.
For more information and applications for the MS Nurse and the MS Certified Specialist Exams, go to www.ptcny.com.

INTERESTED IN SHARING YOUR KNOWLEDGE WITH THE WORLD? JOIN THE IOMSN!
See our website at www.iomsn.org for more information on the IOMSN.
To get back issues of MS Exchange and the International Journal of MS Care, go to www.mscare.org.
For the second consecutive year, multi-platinum recording artist Clay Walker played to a rapt crowd at the Hyatt in Atlanta on Friday night, May 29th, at the Consortium of Multiple Sclerosis Centers’ (CMSC) Annual Meeting. Walker played well-known covers, including “Ain’t No Sunshine When She’s Gone” and “My Girl,” along with his country hits “Fall” and “Love to Be Your Last.”

Walker became known in 1993 when his first hit, “What’s It To You,” made it to number one on the country charts, followed by “Live Until I Die.” Thirty-one more Billboard hits have followed, leading to four multi-platinum albums. His 2007 original CD “Fall” was the first he recorded for Curb Records, and featured several new songs produced by Keith Stegall, best known for his work with Alan Jackson.

After the huge success of the concert at the 2008 CMSC Annual Meeting in Denver, Colorado, Walker was again tapped to come to Atlanta. “We know the CMSC members love Clay,” says June Halper, Executive Director of the CMSC. “He puts on a great show and he has such a warm regard for MS professionals.” Walker’s gratitude comes from his first-hand experience as an MS patient. He credits the health care professionals he has worked with since his diagnosis 13 years ago with helping him to live successfully with his disease, and he has special regard for his neurologist, Jerry Wolinsky, MD, Bartels Family and Opal C. Rankin Professor of Neurology and Director of the MRI Analysis Center and the Multiple Sclerosis Research Group at the University of Texas Health Science Center in Houston, Texas. As he did last year, Walker brought Dr. Wolinsky up on stage to join him in some good-natured fun.

Walker has been inspirational to MS patients and clinicians alike for his upbeat attitude and strong spirit in meeting the challenges of a demanding family and career while living with MS. At 39 years old, he is a married father of three, and one of the busiest country western performers in the business. Before the show at the CMSC, Walker spent a little time talking to a fan, a young man who was diagnosed two years ago and is now being treated by Ben Thrower, MD, Director of the MS Institute at The Shepherd Center in Atlanta. “It’s real scary at first, but after a while, MS moves to the background of your life and you just keep going,” Walker told the aspiring

Repeat Appearance from Country Star Clay Walker at CMSC Atlanta

Multi-platinum recording artist Clay Walker flashes his trademark smile for the CMSC Annual Meeting attendees.

CSMC Executive Director, June Halper (in the foreground), claps along to the music at the Clay Walker special concert, Friday May 29th at the CMSC Annual Meeting in Atlanta.
2009 Whitaker Prize

Michael Racke, MD, Chair of the John Whitaker Research Track, announced Allison S. Drake, MS, as the 2009 recipient of the Whitaker Prize for MS Research. Awarded in memory of Dr. John Whitaker, the award is funded by the Foundation of the Consortium of Multiple Sclerosis Centers (FCMSC). Dr. Whitaker was Chair of the Neurology Department of the University of Alabama at Birmingham (UAB), and an exceptional clinical scientist who first developed the Research Track for the Consortium of Multiple Sclerosis Centers’ (CMSC) Annual Meeting in 2001.

Ms. Drake’s project, “Changes in Self-Reported MS Physical Measures Reflect Clinically Meaningful Changes in Ambulation,” was judged the best of a stellar group of submissions. The award was presented to Ms. Drake by Dr. Racke and special guest Elaine Whitaker, PhD, the late Dr. John Whitaker’s wife, at the recent CMSC Annual Meeting in Atlanta, Georgia, May 27-30, 2009. “I am so very honored to be with you all today,” Dr. Whitaker told the audience. “John was always involved in work I didn’t understand. It’s a wonderful experience for me to connect the work he did to the many people it touched, and to hear how you are continuing in his name.”

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For the second year, Clay Walker’s Foundation, Band Against MS (BAMS), funded a scholarship through the CMSC Foundation. The 2009 award went to Kaitlin Eng for her research project, “Prediction of MS Course from Early Clinical and Brain MRI Features.” She will be working this summer under the guidance of Aaron Miller, MD, Co-Director of the Corinne Goldsmith Dickinson Center for MS at Mount Sinai School of Medicine in New York, New York.

For more information on BAMS, or to purchase Clay Walker CDs, go to his website at www.claywalker.com.
Other Awards

- **Patient and Family Education Award for Best Poster**
  This award is given each year for the best poster presentation depicting excellence in patient and family education.

  Efficacy of Fatigue: Take Control: Results of a Pilot Study on a DVD-Based Group Program. Cinda Hugos, MS, PT; Dennis Bourdette, MD; Lois Copperman, PhD, OTR; Bret Fuller, PhD; Jesus Lovera, MD, MSPH; Vijayshree Yadav, MD

- **Research Award for Best Poster**
  The Research Award is presented for the best poster describing research into comprehensive care in MS, results of which will add to evidence-based practice and improve the quality of life of those affected by MS.

  Quality of Life Utility Scores: Do Societal Valuations Match Multiple Sclerosis Patients’ Self-Valuations? Karen Turpin, MSc, BScN; Sharon A. Warren, PhD, Kenneth G. Warren, MD, FRCP(C)

- **Labe C. Scheinberg Award**
  This award is given in memory of Labe C. Scheinberg, MD, in recognition of the most outstanding work in neurorehabilitation in MS, presented at the CMSC Annual Meeting by the Foundation of the CMSC.

  Two Physiotherapy Models of Service Delivery for People with Multiple Sclerosis. Katrina Williams, Specialist Neurological Physiotherapist, Masters of Applied Science, Bachelor of Physiotherapy, Grad Cert Higher Education; Phu Hoang, Doctorate of Physiotherapy, Bachelor of Physiotherapy

- **CMSC Lifetime Achievement Award**
  Victor Rivera, MD, FAAN, Maxine Mesinger MS Clinic; Baylor College of Medicine (Texas, USA).

- **Steven Schwid Memorial Research Award**
  Susan Bennett, PT, EdD, NCS, MSCS, University of Buffalo Physical Therapy Department (New York, USA).

- **International Journal of MS Care/Robert J. Herndon Award**
  Sharon Warren, PhD, University of Alberta (Alberta, Canada).

- **International MS Achievement Award**
  Dr. Jaana Paltamaa, for the poster, “Responsiveness of Physical Functioning Measures in People with Multiple Sclerosis Who Are Ambulatory,” presented at the RIMS meeting in Genoa, Italy.

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**Watch the Growth of the FCMSC Quilt Project—One Square at a Time**

The Foundation of the Consortium of Multiple Sclerosis Centers (FCMSC) has initiated a creative new fundraising project in which any individual, practice, or institution can participate.

The FCMSC Quilt Project has been designed by Michelle Keating, a nurse with MS and a quilter. Each square in the quilt tells an MS story from a CMSC member, and is accompanied by an individual donation to be used in support of Foundation initiatives. The finished quilt will be displayed at the 2010 CMSC Annual Meeting in San Antonio. In the meantime, the progress is being tracked on the Foundation website. See who has made a contribution, and find out how you or your organization can participate in “Building the Future of MS Care—One Square at a Time” at www.cmscfoundation.org.
SEPTEMBER 23-26, 2009
The 2009 Congress on Spinal Cord Medicine and Rehabilitation
Location: Sheraton Dallas Hotel, Dallas, Texas
Website: www.spinalcordcongress.org

OCTOBER 5, 2009
International Symposium Stem Cell Transplantation in Multiple Sclerosis: Sharing the Experience
Location: Moscow, Russia
Tel: +7 495 463 4923 or +7 962 710 1711
Emails: qlife@rambler.ru or nqolc@yandex.ru
Website: www.stemcellms.ru

OCTOBER 11-14, 2009
American Neurological Association Annual Meeting
Location: Baltimore, Maryland
Tel: 952-545-6284
Email: anameeting@llmsi.com
Website: aneuroa.org

NOVEMBER 6-8, 2009
American Academy of Neurology Fall Conference
Location: Planet Hollywood Resort and Casino, Las Vegas, Nevada
Tel: 651-332-8687
Email: anostdahl@aan.com
Website: www.aan.com/go/education/conferences/fall

NOVEMBER 12-14, 2009
European Charcot Foundation Symposium “A new Treatment Era in Multiple Sclerosis”
Location: Lisbon, Portugal
Tel: 31-24-3561954
Fax: 31-24-3540920
Email: m.friedrichs@charcot-ms.eu
Website: www.charcot-ms.eu

NOVEMBER 19-21, 2009
2009 American Speech-Language-Hearing Association (ASHA) Convention
Location: Convention Center, New Orleans, Louisiana
Tel: 301-296-5700
Website: www.asha.org