

5TH INTERNATIONAL SYMPOSIUM ON  
GAIT AND BALANCE IN MULTIPLE SCLEROSIS:  
FALL DETECTION AND PREVENTION  
SEPTEMBER 25 & 26, 2015  
Portland, Oregon



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Oregon Health & Science University  
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3181 SW Sam Jackson Park Rd  
Portland OR 97239

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This conference focuses on falls in people with multiple sclerosis. The morning session will discuss the importance of falls and fall risk factors in MS, focusing on the individual, the task and the environment. The afternoon session will discuss fall measurement and prevention. We will present and evaluate low tech fall measurement approaches including retrospective fall recall and prospective fall diaries, which are often well suited to the clinic, as well as high tech approaches including in home monitoring and body-worn devices, which are often well suited to research. Presentations on interventions will include exercise, education and multifactorial approaches as well as areas of future research by the International MS Falls Prevention Research Network.

CONFERENCE OBJECTIVES

After attending this symposium, attendees will be able to:

- Describe and discuss why falls are important and what makes people fall
- Identify fall risk factors in people with MS, including those related to the individual, the task and the environment
- Describe and discuss low tech and high tech fall measurement approaches
- Describe and discuss fall prevention approaches including exercise, education and multifactorial interventions

WHO SHOULD ATTEND

Physicians (Neurologists, Psychiatrists), physical therapists, occupational therapists, rehabilitation scientists, nurses, physician assistants, and others working in the area of multiple sclerosis clinical practice or research.

IN PARTNERSHIP WITH: Oregon Health & Science University's MS Center  
VA Portland Health Care System, MS Center of Excellence West

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**AGENDA - FRIDAY EVENING SEPTEMBER 25, 2015**

6:00 pm - Poster presentations and reception with opening remarks  
 9:00 pm **Michelle H. Cameron, MD, PT, MCR**  
*Oregon Health & Science University and VA Portland Health Care System – Portland, OR*

**AGENDA - SATURDAY SEPTEMBER 26, 2015**

8:00 am - Registration  
 8:30 am Continental breakfast

8:30 am - Introduction and welcome  
 8:40 am **Dennis Bourdette, MD, FAAN, FANA**  
*Oregon Health & Science University and  
 VA Portland Health Care System –  
 Portland, OR*

**MORNING SESSIONS**

8:45 am - Falls in people with MS: Who, what and why  
 9:30 am **Michelle H. Cameron, MD, PT, MCR**  
*Oregon Health & Science University and  
 VA Portland Health Care System –  
 Portland, OR*

9:35 am - Fall risk factors in MS - The individual:  
 10:20 am *somatosensory, cognitive, vestibular, motor  
 (body, structure, function)*  
**Kathy Zackowski, OT, PhD, MSCS**  
*Kennedy Krieger Institute, Johns Hopkins –  
 Baltimore, MD*

**Nora Fritz, PhD, PT, DPT, NCS**  
*Kennedy Krieger Institute, Johns Hopkins –  
 Baltimore, MD*

10:25 am BREAK

10:45 am - Fall risk in MS: Environmental, activity-related  
 11:55 am and behavioral influences  
**Elizabeth Peterson, PhD, OTR/L, FAOTA**  
*University of Illinois at Chicago – Chicago, IL*

12:00 pm LUNCH

**AFTERNOON SESSIONS**

1:00 pm - Fall measurement  
 2:00 pm Low tech - Questionnaires, diaries and clinical risk  
 assessment tools  
**Patricia Matsuda, PT, PhD, DPT**  
*University of Washington – Seattle, WA*

High tech – Automatic fall detection and in  
 home monitoring  
**Peter G. Jacobs, PhD, MSEE**  
*Oregon Health & Science University – Portland, OR*

2:00 pm - Fall prevention: Multifactorial interventions  
 2:55 pm including balance training  
**Johanna Jonsdottir, PT, MS, ScD**  
*Foundation Don Gnocchi IRCCS – Milan, Italy*

3:00 pm BREAK

3:20 pm - International Multiple Sclerosis  
 3:50 pm Fall Prevention Research Network  
**Marcia Finlayson, PhD, OT Reg (Ont), OTR**  
*Queens University - Ontario, Canada*

3:55 pm - Free From Falls: A National MS Society  
 4:25 pm Comprehensive Fall Prevention Program  
**Denise Nowack, RDN**  
*National Multiple Sclerosis Society -  
 Southern California & Nevada Chapter, CA*

4:30 pm - Small group discussion  
 5:30 pm **Kathy Costello, MS, ANP-BC, MSCN**  
*National Multiple Sclerosis Society*

5:30 pm End of program



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**DETAILS**

**SYMPOSIUM LOCATION & HOTEL ACCOMMODATIONS**

The Benson Hotel  
 309 SW Broadway  
 Portland, OR 97205  
 Phone: 888-523-6766 or 503-228-2000  
 reservations@bensonhotel.com

*\* A discounted room rate starting at \$199/night plus tax is being provided  
 September 25, 2015 – September 27, 2015. The special rate will be available  
 until August 26th OR until the group block is sold-out, whichever comes first.*

**CONTINUING MEDICAL EDUCATION**

**ACCREDITATION**

Oregon Health & Science University School of  
 Medicine is accredited by the Accreditation Council  
 for Continuing Medical Education to provide  
 continuing medical education for physicians.

**CREDIT**

OHSU School of Medicine, Division of CME, designates this live  
 activity for a maximum of 6.5 AMA PRA Category 1 Credits™.  
 Physicians should claim only the credit commensurate with the  
 extent of their participation in the activity.

**REGISTRATION**

\$140 Early registration by July 31st (\$170.00 after July 31, 2015)  
 \$165 Early registration w/ 6.5 AMA PRA Category 1 Credits™ memo (\$195.00 after July 31, 2015)  
 \$75 Student registration (\$100 with 6.5 AMA PRA Category 1 Credits™ memo)

**Space is limited. To register online and pay by credit card or paypal visit [www.ohsubrain.com/msgait](http://www.ohsubrain.com/msgait)**

For more information contact Dawn Christensen at 503-494-7661 or [chrisdaw@ohsu.edu](mailto:chrisdaw@ohsu.edu)

**CALL FOR POSTERS**

Please send abstracts for posters to Michelle Cameron at [cameromi@ohsu.edu](mailto:cameromi@ohsu.edu) by July 31st, 2015 for  
 review. Abstracts should be a maximum of 300 words on topics related to gait and balance in multiple  
 sclerosis. If accepted, poster size must be 4' x 8' or smaller.

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