

10th International Symposium on
GAIT & BALANCE IN MULTIPLE SCLEROSIS
The Role of Fatigue and Fatigability

OCTOBER 3rd, 2020
Virtual Meeting

This year's meeting focuses on the construct of fatigue in MS. People with MS are likely to experience abnormal levels of both fatigue and fatigability that can affect gait and balance, which subsequently decreases participation and quality of life. While rehabilitation and pharmaceutical interventions can improve fatigue and fatigability, treatment can be challenging for clinical providers, especially as it relates to gait and balance. This year's symposium will disseminate current knowledge on fatigue and fatigability as related to gait and balance in PwMS by providing updates on operational definitions, underlying mechanisms, measurement, and clinical management strategies.

SYMPOSIUM OBJECTIVES

After attending this symposium, attendees will be able to:

- Define types of fatigue and fatigability, and explain how they relate to gait and balance in people with MS
- Identify neural and physiologic mechanisms that contribute to fatigue and fatigability
- Identify common methods to measure fatigue and fatigability in people with MS
- Apply appropriate management strategies for fatigue and fatigability with the goal of optimizing gait and balance in people with MS

WHO SHOULD ATTEND

Multiple sclerosis clinicians or researchers, including:

- Physicians (neurologists, physiatrists, etc.)
- Physical Therapists
- Occupational Therapists
- Rehabilitation Scientists
- Nurses
- Physicians Assistants
- Graduate Students

FOR MORE INFORMATION VISIT: www.chhs.colostate.edu/hes-hpcrl/10th-international-symposium-on-gait-and-balance-in-multiple-sclerosis

IN PARTNERSHIP WITH:



**COLORADO STATE
UNIVERSITY**



Physical Therapy
SCHOOL OF MEDICINE
UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS

10th International Symposium on
GAIT & BALANCE IN MULTIPLE SCLEROSIS

The Role of Fatigue and Fatigability

AGENDA – SATURDAY OCTOBER 3rd, 2020

MORNING SESSIONS

- 8:30 AM Introduction and Welcome**
Brett Fling, Ph.D.
Colorado State University - Fort Collins, CO
- 8:45 AM Keynote Lecture**
Fatigue in MS: From Pathophysiology to Novel Treatment Options
Stefan Gold, M.D., Ph.D.
Charité Universitätsmedizin Berlin – Berlin, Germany
- 9:30 AM BREAK**
- Negotiating Definitions of Fatigue and Fatigability in MS Within the Context of Gait and Balance**
- 9:45 AM What is Fatigue and can it be Measured?**
John DeLuca, Ph.D.
Kessler Foundation – East Hanover, NJ
- Evaluating Perceived Subjective Fatigue and its Role in Functional Mobility and Balance for People with Multiple Sclerosis**
Lauren Krupp, M.D.
NYU Langone Health – New York City, NY
- Evaluating the Influence of Fatigue and Fatigability on Mobility and Balance in Persons with MS**
Roger Enoka, Ph.D.
University of Colorado – Boulder, CO
- 11:15 AM Medical Management of Fatigue in MS**
Augusto Miravalle, M.D.
University of Colorado - Denver Anschutz Medical Campus
- 12:00 PM Lunch Break/ Virtual Poster Session #1/ Networking Session #1***

AFTERNOON SESSIONS

- Clinical management of Fatigue in Multiple Sclerosis**
- 1:30 PM Clinical Management of Fatigue in MS Using Exercise**
Prudence Plummer, Ph.D., PT
MGH Institute of Health Professions – Boston, MA
- Clinical Management of Fatigue in MS: Understanding Behavioral Aspects of Self-Management Interventions**
Marcia Finlayson, Ph.D., OT, OTR
Queen's University – Kingston, Ontario
- Clinical Management of Fatigue in MS: Understanding Cognitive and Emotional Aspects of Self-Management Interventions**
Anna Kratz, Ph.D.
University of Michigan – Ann Arbor, MI
- 3:00 PM BREAK**
- 3:15 PM Wrap up: Role of Fatigue and Fatigability in Gait and Balance: Current Understanding and Future Directions**
Kathleen Zackowski, Ph.D., OTR, MSCS
National Multiple Sclerosis Society – New York, NY
Kennedy Krieger Institute and Johns Hopkins University – Baltimore, MD
- 3:45 PM Title – TBD**
Trainee Award Winning Presentation
- 4:00 PM - 5:30 PM Virtual Poster Session #2/ Networking Session #2***

*Information will be provided on how to participate in poster and networking events

10th International Symposium on GAIT & BALANCE IN MULTIPLE SCLEROSIS

The Role of Fatigue and Fatigability

CALL FOR POSTERS

Please send abstracts on topics related to gait and balance in multiple sclerosis to Dr. Gail Widener at gwidener@samuelmerritt.edu by **July 10th, 2020** for review.

When submitting your abstract please indicate if the poster will be prepared/presented by a trainee (either a student or post-doctoral trainee).

Abstracts must meet the following criteria:

- A maximum of 300 words
- Use 12-point font, single spaced
- Title contain a maximum of 150 characters (including spaces)
- Authors names and affiliations must follow the title

Research abstract must include the following headings:

- Background and Purpose
 - Methods
 - Results
- Discussion

Case report abstracts must include the following headings:

- Background and Purpose
 - Case Description
 - Outcomes
 - Conclusions

**The #1 ranked poster from a trainee will be selected to give an oral presentation*

CONTINUING MEDICAL EDUCATION

ACCREDITATION

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The University of Colorado School of Medicine and Colorado State University. The University of Colorado School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Colorado School of Medicine designates this live activity for a maximum of 6.75 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

REGISTRATION

\$25 Regular rate

\$20 Students

\$5 for VA Employees

If you have extenuating circumstances that limit your ability to pay a registration fee, please contact us!

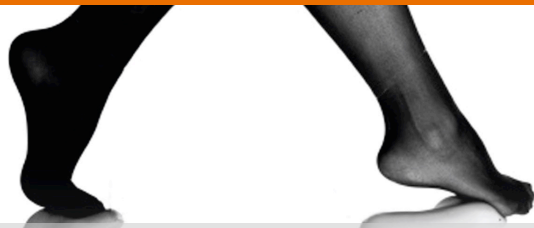
** Physician CME credit memo \$25 extra.*

Registration fee includes access to live content during the day as well as all archived lectures and posters following the Symposium.

Register online at: www.chhs.colostate.edu/hes-hpcrl/10th-international-symposium-on-gait-and-balance-in-multiple-sclerosis

CONTACT

For more information visit www.chhs.colostate.edu/hes-hpcrl/10th-international-symposium-on-gait-and-balance-in-multiple-sclerosis. For questions contact Victoria Bandera at 970-491-6160 or email Victoria.Bandera@colostate.edu



10th International Symposium on
GAIT & BALANCE IN MULTIPLE SCLEROSIS

The Role of Fatigue and Fatigability

OCTOBER 3rd, 2020

Virtual Meeting

IN PARTNERSHIP WITH:



**COLORADO STATE
UNIVERSITY**



Physical Therapy

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO

ANSCHUTZ MEDICAL CAMPUS

CONFERENCE STEERING COMMITTEE

Brett W. Fling, PhD; Mark Mañago PhD, DPT; Gail Widener PT, PhD; Kathy Zackowski, PhD, OTR, MSCS