

Curriculum Vitae

Personal Data

Name: Anders Guldhammer Skjerbæk
Adress: Aløvej 12, 8600 Silkeborg, Denmark
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Date of birth: 10-05-1979



Education

Dec 2020- Ph.D. student at Health, Aarhus University, Denmark
2012 Master in Rehabilitation, Southern University of Denmark
2005 Physiotherapist (BSc.), VIA university college, Aarhus

Scientific work and publications

- 2024 Tacchino A, **Skjerbæk AG**, Podda J, Prada V, Monti Bragadin M, Bergamaschi V, Susini A, Hvid LG, Pedullà L, Bricchetto G. The role of sensory systems in the association between balance and walking in people with multiple sclerosis. *Mult Scler Relat Disord*. 2024 Jan 9;83:105440. doi: 10.1016/j.msard.2024.105440. Epub ahead of print. PMID: 38219298.
- 2023 **Skjerbæk AG**, Dalgas U, Stenager E, Boesen F, Hvid LG. The six spot step test is superior in detecting walking capacity impairments compared to short- and long-distance walk tests in persons with multiple sclerosis. *Mult Scler J Exp Transl Clin*. 2023 Dec 12;9(4):20552173231218127. doi: 10.1177/20552173231218127. PMID: 38105806; PMCID: PMC10722939.
- 2022 Pommerich UM, Brincks J, **Skjerbæk AG**, Dalgas U. The subjective minimal important change for the Six Spot Step Test in people with multiple sclerosis - The Danish MS Hospitals Rehabilitation study. *Acta Neurol Belg*. 2022 Aug;122(4):893-901. doi: 10.1007/s13760-022-01991-4. Epub 2022 Jun 15. PMID: 35705789.
- 2021 Johansson S, **Skjerbæk AG**, Nørgaard M, Boesen F, Hvid LG, Dalgas U. Associations between fatigue impact and lifestyle factors in people with multiple sclerosis - The Danish MS hospitals rehabilitation study. *Mult Scler Relat Disord*. 2021 Jan 29;50:102799. doi: 10.1016/j.msard.2021.102799. Epub ahead of print. PMID: 33582566.
- 2021 Lars G Hvid , Tobias Gammelke, Ulrik Dalgas , Mette K Slipsager, Peter V Rasmussen, Thor Petersen, Michael Nørgaard , **Anders G Skjerbæk** and Finn Boesen. Personalised inpatient multidisciplinary rehabilitation elicits clinically relevant improvements in physical function in patients with multiple sclerosis – The Danish MS Hospitals Rehabilitation Study. *Multiple Sclerosis Journal— Experimental, Translational and Clinical* January–March 2021, 1–11 DOI: 10.1177/ 2055217321989384

- 2019 Boesen F, Nørgaard M, **Skjerbæk AG**, Rasmussen PV, Petersen T, Løvendahl B, Trénel P. Can inpatient multidisciplinary rehabilitation improve health-related quality of life in MS patients on the long term - The Danish MS Hospitals Rehabilitation Study. *Mult Scler.* 2020 Dec;26(14):1953-1957. doi: 10.1177/1352458519884244. Epub 2019 Nov 5. PMID: 31687884; PMCID: PMC7720351.
- 2018 **Skjerbæk AG**, Boesen F, Petersen T, Rasmussen PV, Stenager E, Nørgaard M, Feys P, Kjeldgaard-Jørgensen ML, Hvid LG, Dalgas U. Can we trust self-reported walking distance when determining EDSS scores in patients with multiple sclerosis? The Danish MS hospitals rehabilitation study. *Mult Scler.* 2019 Oct;25(12):1653-1660. doi: 10.1177/1352458518795416. Epub 2018 Aug 20. PMID: 30124106.
- 2018 U. Dalgas, M. Langeskov-Christensen, **A. Skjerbæk**, E. Jensen, I. Baert, A. Romberg, C. Santoyo Medina, B. Gebara, B. Maertens de Noordhout, K. Knuts, F. Béthoux, K. Rasova, D. Severijns, B.M. Bibby, A. Kalron, B. Norman, F. Van Geel, I. Wens, P. Feys. Is the impact of fatigue related to walking capacity and perceived ability in persons with multiple sclerosis? A multicenter study. *Journal of the Neurological Sciences* 387 (2018) 179–186
- 2017 Callesen J, Richter C, Kristensen C, Sunesen I, Næsby M, Dalgas U, **Skjerbæk AG**. Test-retest agreement and reliability of the Six Spot Step Test in persons with multiple sclerosis. *Mult Scler.* 2019 Feb;25(2):286-294. doi: 10.1177/1352458517745725. Epub 2017 Dec 20. Erratum in: *Mult Scler.* 2019 Feb;25(2):NP3. PMID: 29260609.
- 2012- Trial coordinator in Ry, the Danish MS Hospitals rehabilitation study - Recruiting patients, completing test-protocol and reporting data. Authoring future publications on EDSS and effects on psychical function after rehabilitation.
- 2015 Leone C, Severijns D, Doležalová V, Baert I, Dalgas U, Romberg A, Bethoux F, Gebara B, Santoyo Medina C, Maamâgi H, Rasova K, Maertens de Noordhout B, Knuts K, **Skjerbæk A**, Jensen E, Wagner JM, Feys P. Prevalence of Walking-Related Motor Fatigue in Persons With Multiple Sclerosis: Decline in Walking Distance Induced by the 6-Minute Walk Test. *Neurorehabil Neural Repair.* 2016 May;30(4):373-83. doi: 10.1177/1545968315597070. Epub 2015 Jul 27. PMID: 26216790.
- 2015 Consultant - developing Danish national guidelines on physiotherapy and occupational therapy for persons with MS – initiated by the Danish Health Authorities.
- 2014 Feys P, Bibby B, Romberg A, Santoyo C, Gebara B, de Noordhout BM, Knuts K, Bethoux F, **Skjerbæk A**, Jensen E, Baert I, Vaney C, de Groot V, Dalgas U. Within-day variability on short and long walking tests in persons with multiple sclerosis. *J Neurol Sci.* 2014 Mar 15;338(1-2):183-7. doi: 10.1016/j.jns.2014.01.001. Epub 2014 Jan 9. PMID: 24439144.
- 2013 **Skjerbæk AG**, Næsby M, Lützen K, Møller AB, Jensen E, Lamers I, Stenager E, Dalgas U. Endurance training is feasible in severely disabled patients with progressive multiple sclerosis. *Mult Scler.* 2014 Apr;20(5):627-30. doi: 10.1177/1352458513505351. Epub 2013 Sep 20. PMID: 24057428.

- 2012 **Skjerbæk AG**, Møller AB, Jensen E, Vissing K, Sørensen H, Nybo L, Stenager E, Dalgas U. Heat sensitive persons with multiple sclerosis are more tolerant to resistance exercise than to endurance exercise. *Mult Scler.* 2013 Jun;19(7):932-40. doi: 10.1177/1352458512463765. Epub 2012 Nov 19. PMID: 23166119.
- 2012 Møller AB, Bibby BM, **Skjerbæk AG**, Jensen E, Sørensen H, Stenager E, Dalgas U. Validity and variability of the 5-repetition sit-to-stand test in patients with multiple sclerosis. *Disabil Rehabil.* 2012;34(26):2251-8. doi: 10.3109/09638288.2012.683479. Epub 2012 May 22. PMID: 22612360.
- 2009 Trial coordinator at the MS Hospitals in Denmark in the multicenter trial titled: Effect of time of day on walking capacity and self-reported fatigue in persons with multiple sclerosis: a multi-center trial.

Scientific Presentations and Posters

- 2019 Oral – 35th congress of the European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS). RIMS Teaching Course Title: "Ensuring an effective training to deal with mobility loss", Stockholm Sweden.
- 2018 Symposium – Danish physiotherapy association congress 2018, Odense Denmark. Title: "Rehabilitation in MS, exercise recommendations and outcome measures".
- 2018 Poster – 3rd Scientific Congress of the international Progressive MS alliance, Toronto. Title: "Is the effect of personalized multidisciplinary rehabilitation on physical function dependent on MS phenotype? Part of the Danish MS Hospitals Rehabilitation Study".
- 2017 Poster - The 31th congress of the European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS), Paris Title: "Can we trust self-reported walking distance when determining EDSS scores in patients with multiple sclerosis?– A part of the Danish MS Hospitals Rehabilitation Study".
- 2017 Oral –The 22nd Annual RIMS Conference (4-6 May 2017, Barcelona)
Title: "Discrepancy between patient reported and actual walking distance in persons with MS may affect the EDSS score – part of the Danish MS Hospitals rehabilitation study
- 2013 Oral - Joint SIG Mobility and SIG Education meeting, Limerick, Ireland"
Title:"Endurance training is feasible in severely disabled patients with progressive multiple sclerosis".
- 2013 Poster - The 29th congress of the European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS) and the 18th Annual Conference of rehabilitation in MS (RIMS), Copenhagen, DK. Title: "Is it feasible to exercise severely disabled patients with multiple sclerosis?"

2011 Poster - RIMS 16annual conference" Turku, Finland, Title: "Resistance and endurance training in thermo-sensitive patients with multiple sclerosis"

Management

2022 Scientific Committee: Joint ECTRIMS-RIMS I Congress
2020- Treasurer and executive board member in the organization of RIMS
2020 RIMS annual Conference Scientific Committee
2019 Scientific Committee: Joint ECTRIMS-RIMS I Congress
2019 RIMS annual Conference organizational Committee
2018 RIMS Workshop organizational Committee
2018- Member off "the Social & Behavioural Science Research Scientific Committee", Italian Multiple Sclerosis Foundation
2018 RIMS annual Conference Scientific Committee
2017-2020 Executive board member in the organization of RIMS (the European network for best practice and research in MS Rehabilitation). www.eurims.org
2017- Member of the "health and policy committee", Danish MS Society
2017- Representative of hospital management in the executive board of the Danish MS Hospitals (without voting rights)
2016- Development manager, the Danish MS Hospitals Ry and Haslev
2015-2016 Head of Rehabilitation, Department of Physiotherapy, the MS Hospital in Ry
2008-2015 Counselor of students, Department of Physiotherapy, the MS Hospital in Ry

MS Teaching courses and Lectures

2018-2019 RIMS workshop "Rehabilitation in progressive MS", Copenhagen and Milan. Title: "Physical outcome measures in MS".
2015-2021 Annual 3 and 4-day teaching courses. "Physiotherapy and MS", The Association of Danish Physiotherapists
2017 Nine lectures across Denmark: "Keep your inner and outer strengths on the field", The Danish MS Society
2013-2014 Guesting lecture, Southern University of Denmark, Faculty of Health education, Master in rehabilitation -" Interventions in rehabilitation"

Reviewer assignments

2022 EUROPEAN JOURNAL OF NEUROLOGY
2014 Archives of Physical Medicine and Rehabilitation.