



## TRAINER CURRICULUM VITAE



Sébastien Lobet, PT, PhD

Dr. Sébastien Lobet is a physiotherapist at the Haemostasis and Thrombosis Unit, Cliniques Universitaires Saint-Luc, Brussels. After obtaining his master's degree in Sports Physiotherapy at the Université Catholique de Louvain (UCL), Belgium, Dr. Lobet completed a degree in Pediatric Orthopedic Physiotherapy in 2009 and wrote a PhD thesis in 2012.

His interests revolve around the musculoskeletal assessment in young and adult haemophiliacs. In 2009, Dr Lobet received the Henri Horoszowski Memorial Award at the Musculoskeletal Congress of the World Federation of Haemophilia (WFH). Over the past 4 years, he has also received prestigious industry-sponsored research awards including the "Heroes in Hemophilia", in addition to the "Early Career Investigator" on completion of this post-doctoral fellowship at the KULeuven University. In 2014, Dr Lobet was awarded a WFH clinical research grant for his research entitled «Quantifying foot biomechanics in haemophilic children with ankle arthropathy through an integrated approach».

### Scope of the training

Haemophilia is a pathology that strongly affects the locomotor system and create major musculoskeletal disorders (haemophilic arthropathy). However very few physiotherapists really know this pathology and which joint is affected. Sometimes, they are even a little bit afraid to care with rehabilitation patients with haemophilia. While, it has been proved that prophylactic physiotherapy is very helpful for these patients. Therefore, we create this one-day training to educate physiotherapists, with a well-balanced theory and case-discussion sessions, on excellence of care for this pathology according to different important points:

### Program of the one-Day Training: Exploring Physiotherapy in Haemophilia Care (The content of the program can be adapted according to local needs).

1. Opening Session: Understanding the Vital Role of Physiotherapists in Haemophilia Treatment
2. Comprehensive Look at Neuromusculoskeletal Care for Haemophilia Patients
3. Exploring the Impact of Haemophilia on Walking Patterns
4. Addressing Physiotherapy Challenges and Self-Rehabilitation in Resource-Limited Settings
5. Effective Physiotherapy Approaches for Synovitis Management in Haemophilia
6. Integrating the International Classification of Functioning (ICF) in Haemophilia Assessment: Focus on HJHS 2.1, ACTIVLIM-Hemo, and Radiological Examinations.
7. Utilizing Ultrasound for Haemophilia Assessment: Techniques and Benefits
8. Embracing Physical Activity: The Importance of Exercise and Sports in Managing Haemophilia
9. Strategies for Pain Management in Haemophilia Patients
10. Innovative Approaches to Managing Ankle Arthropathy in Haemophilia
11. Spotlight on Joint Health: Addressing Bleeding Disorders in Women
12. Interactive Case Studies: Engaging with the Audience through Case Presentations and Discussions

This program aims to provide a more engaging and descriptive overview of the sessions, enhancing the understanding and anticipation of the participants.

### **Publications of Sébastien Lobet in peer-reviewed journals**

- 68. Sébastien Lobet, Cedric Hermans, Valérie-Anne Chantrain, Anthe Foubert, Catherine Lambert, Massimo Penta. Reliability and construct validity of the ACTIVLIM-Hemo and Haemophilia Activities List (HAL) questionnaires in individuals with haemophilia. *Haemophilia* 2024.
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- 66. Foubert A, Roussel NA, Chantrain VA, Maes P, Durnez L, Lobet S, Lambert C, Hermans C, Meeus M. The Classification of Suspected Predominant Nociceptive Pain in People with Moderate and Severe Haemophilia: A Secondary Exploratory Study. *Biomedicine* 2023 Sep 7;11(9):2479.
- 65. Evelien Krumb, Nicolas Vanlangendonck, Catherine Lambert, Sébastien Lobet, An Van Damme, Cédric Hermans. Building a haemophilia-specific navigator in Epic® Electronic Health Records: Single-centre preliminary experience. *Haemophilia* 2023 Sep ;29(5) :1219-1225.
- 64. Anthe Foubert, Valérie-Anne Chantrain, Mira Meeus, Philip Maes, Vincent Haenen, Sébastien Lobet, Catherine Lambert, Cedric Hermans, Nathalie Roussel. Psychophysical assessment of pain in adults with moderate and severe haemophilia: A cross-sectional study. *Haemophilia* 2023 Sep;29(5):1243-1258.
- 63. Valérie-Anne Chantrain, Sylvain Guillaume, Anthe Foubert, Meeus, Sébastien Lobet, Catherine Lambert, Frédéric Lecouvet, Cedric Hermans, Nathalie Roussel. Discordance between joint pain and imagery severity in the ankle joint and contributors of lower limb activity limitations in adults with haemophilia: A cross-sectional study. *Haemophilia* 2023 Mar;29(2):648-657.
- 62. Valérie-Anne Chantrain, Catherine Lambert, Patrick De Smet, Sébastien Lobet, Anthe Foubert, Mira Meeus, Cedric Hermans, Nathalie Roussel. Pain interferes with daily activities, emotions and sleep in adults with severe, moderate and mild haemophilia: A national cross-sectional survey. *Haemophilia* 2023 Mar;29(2):521-529.
- 61. Maria Elisa Mancuso, Katharina Holstein, James S O'Donnell, Sébastien Lobet, Robert Klamroth; FVIII Think Tank Study Group. Synovitis and joint health in patient with haemophilia: Statements from a European e-Delphi consensus study. *Haemophilia* 2023 Mar;29(2):619-628.
- 60. Sébastien Lobet, Catherine Lambert, Anthe Foubert, Valérie-Anne Chantrain, Nathalie Roussel, Mira Meeus, Ann Devos, Philip Maes, Cedric Hermans, Massimo Penta. ACTIVLIM-Hemo: a new self-reported, unidimensional and linear measure of activity limitations in persons with hemophilia. *Haemophilia* 2023 Jan;29(1):317-328.
- 59. Anthe Foubert, Nathalie Roussel, Valérie-Anne Chantrain, Cédric Hermans, Catherine Lambert, Sébastien Lobet, Mira Meeus. Pain coping behaviour strategies in people with haemophilia : A systematic literature review. *Haemophilia* 2022 Nov;28(6):902-916.
- 58. St-Louis J, Abad A, Funk S, Tilak M, Classey S, Zourikian N, McLaughlin P, Lobet S, Hernandez G, Akins S, Wells AJ, Manco-Johnson M, John J, Austin S, Chowdhary P, Hermans C, Nugent D, Bakeer N, Mangles S, Hilliard P, Blanchette VS, Feldman BM. The Hemophilia Joint Health Score version 2.1 Validation in Adult Patients Study: A multicenter international study. *Res Pract Thromb Haemost.* 2022 Mar 25;6(2):e12690.
- 57. Nathalie Anne Roussel, Valérie-Anne Chantrain, Anthe Foubert, Catherine Lambert, Cedric Hermans, Mira Meeus, Sylvain Guillaume, Frédéric Lecouvet, Steffen Krüger, Thomas Hilberg, Sebastien Lobet. Gaining more insight into ankle pain in haemophilia: A study exploring pain, structural and functional evaluation of the ankle joint. *Haemophilia* 2022 May; 28(3):480-490.
- 56. Nicolas Haelewijn, Sebastien Lobet, An Van Damme, Pierre-Louis Docquier, Maarten Eerdeken, Kevin Deschamps. Clinical and Biomechanical Progression after Ankle Joint Distraction in

a Young Adolescent Patient with Haemophilia. *Int J Environ Res Public Health*. 2021 Oct 29;18(21):11405.

- 55. Cedric Hermans, Declan Noone, Gary Benson, Gerry Dolan, Hermann Eichler, Víctor Jiménez-Yuste, Christoph Königs, Sébastien Lobet, Debra Pollard, Silva Zupančič-Šalek, Maria Elisa Mancuso. Hemophilia treatment in 2021: Choosing the "optimal" treatment using an integrative, patient-oriented approach to shared decision-making between patients and clinicians. *Blood Rev*. 2022 Mar; 52:100890.
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- 48. Paul McLaughlin, Magnus Aspdahl, Ruth Elise D Matlary, Natalie Grinda, Marie Katzerova, Brian O'Mahony, David Stephensen, Sébastien Lobet. Comprehensive care on paper only? The challenge for physiotherapy provision in day to day haemophilia practice. *Haemophilia* 2021 Mar;27(2):e284-e286.
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