

Fatigue and Multiple Sclerosis

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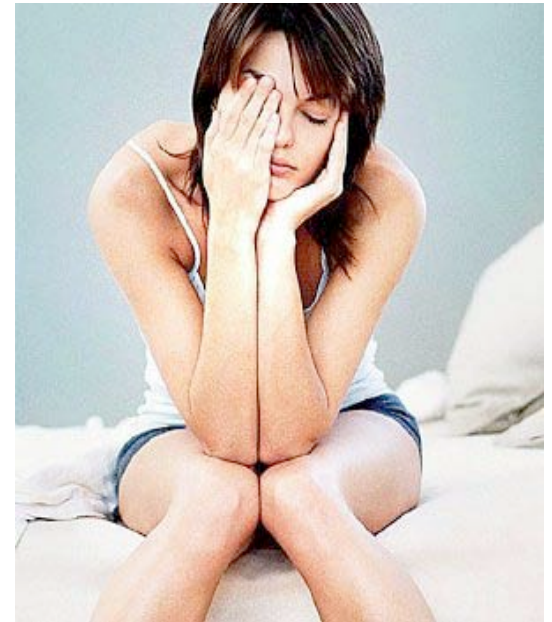
Fatigue

What is fatigue?

- ▶ A subjective lack of physical and/or mental energy unusual or excessive whole-body tiredness not relieved by sleep.
- ▶ It can be acute (lasting a month or less) or chronic (lasting from one to six months or longer).
- ▶ Fatigue can significantly impact quality of life.

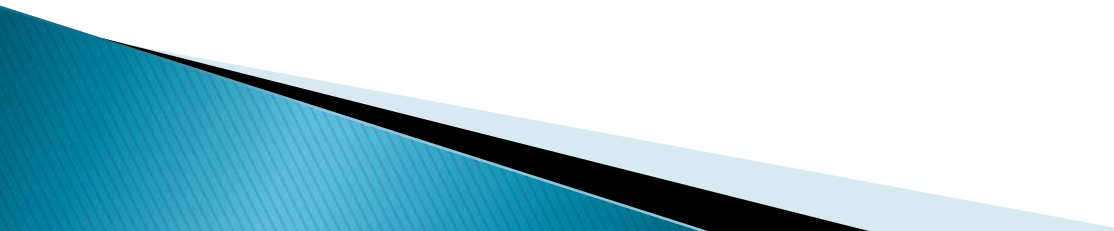
Fatigue

- ▶ What it isn't –
 - Fatigue is not the same thing as tiredness
 - Tiredness happens to everyone
 - Expected feeling after certain activities or at the end of the day.
 - Usually you know why you are tired and a good night's sleep solves the problem.



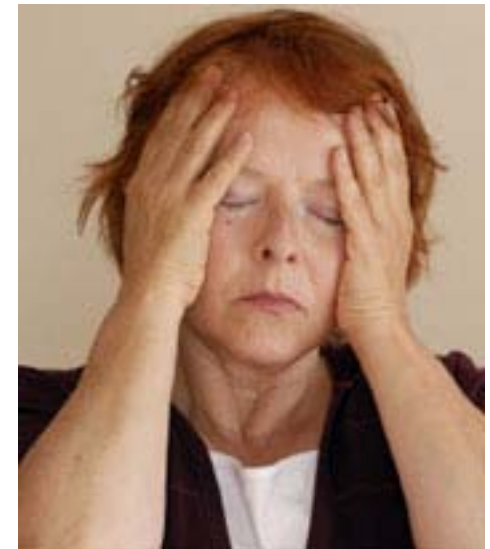


Multiple Sclerosis related Fatigue

- ▶ 80% of people with MS have fatigue.
 - ▶ Several different kinds of fatigue occur in MS
 - Sleep deprived fatigue – bladder dysfunction or nocturnal muscle spasms
 - Depression related
 - Fatigue related to effort expenditure – expending considerable effort just to accomplish daily tasks (e.g., dressing, brushing teeth, bathing, preparing meals)
 - **Lassitude (next slide)**
- 

Lassitude

- Generally occurs on a daily basis
- May occur early in the morning, even after a restful night's sleep
- Tends to worsen as the day progresses
- Tends to be aggravated by heat and humidity
- Comes on easily and suddenly
- Is generally more severe than normal fatigue
- Is more likely to interfere with daily responsibilities





Etiology MS Fatigue

- ▶ Pathogenesis of MS fatigue is poorly understood
- ▶ Appears to be multifactorial and directly related to the underlying MS disease process.
- ▶ Neuroimaging studies reveal a correlation between MS fatigue and widespread hypometabolism



Diagnosis of MS Fatigue

- ▶ Presence of fatigue symptoms for at least 50% of days for more than 6 weeks
- ▶ This criterion is useful to distinguish MS fatigue from other MS symptoms.
- ▶ Common Features – Reduced energy, malaise, motor weakness during sustained activity, and difficulty maintaining concentration

Diagnosis (part 2)

- ▶ Differential diagnosis of MS fatigue includes depression, physical disability, thyroid disorders, and side effects of medications such as antispasmodics and immunosuppressive agents.
- ▶ Self-report questionnaires such as the FSS or MFIS



MODIFIED FATIGUE IMPACT SCALE - 5-ITEM VERSION (MFIS-5)

Following is a list of statements that describe how fatigue may affect a person. Fatigue is a feeling of physical tiredness and lack of energy that many people experience from time to time. In medical conditions like MS, feelings of fatigue can occur more often and have a greater impact than usual. Please read each statement carefully, and then circle the one number that best indicates how often fatigue has affected you in this way during the past 4 weeks. (If you need help in marking your responses, tell the interviewer the number of the best response.) Please answer every question. If you are not sure which answer to select, please choose the one answer that comes closest to describing you. The interviewer can explain any words or phrases that you do not understand.

Because of my fatigue
during the past 4 weeks...

	<u>Never</u>	<u>Rarely</u>	<u>Sometimes</u>	<u>Often</u>	<u>Almost always</u>
1. I have been less alert.	0	1	2	3	4
2. I have been limited in my ability to do things away from home.	0	1	2	3	4
3. I have had trouble maintaining physical effort for long periods.	0	1	2	3	4
4. I have been less able to complete tasks that require physical effort.	0	1	2	3	4
5. I have had trouble concentrating.	0	1	2	3	4

Management of MS Fatigue

- ▶ Comprehensive evaluation can help identify the factors contributing to fatigue
- ▶ Combination of pharmacologic and nonpharmacologic therapies
- ▶ Initial management includes lifestyle changes
 - smoking cessation
 - reducing caffeine
 - exercising





Management of MS Fatigue

- ▶ Occupational therapy to simplify tasks at work and home.
- ▶ Physical therapy to learn energy-saving
- ▶ Sleep regulation
- ▶ Psychological interventions (stress management, relaxation training, support group, or psychotherapy)
- ▶ Heat management
- ▶ Medications



Energy conservation techniques

- ▶ Prioritize tasks
- ▶ Plan ahead (schedule strenuous tasks throughout the week, not all at once)
- ▶ Perform the most strenuous task during the part of the day when you have the most energy
- ▶ Take a 10-minute break every hour
- ▶ Pace yourself
- ▶ Perform activities while sitting, when possible
- ▶ Organize your workspace to avoid reaching, bending, carrying, and climbing
- ▶ Use labor-saving techniques (for example, if you need to get a file from somewhere else try to wait until you have several files to collect)
- ▶ Plan on 10 to 12 hours of daily rest
- ▶ Use correct body mechanics (your physical therapist will help you identify and implement these)

Conclusion

- ▶ Fatigue is one of the most common symptoms in MS
- ▶ Can significantly interfere with function
- ▶ Comprehensive evaluation
- ▶ “Combination Therapy”

