



# Energy Conservation in Multiple Sclerosis

Presented By:  
Kara Gillum, PT, DPT  
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THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

# Disclaimer

I have no financial disclosures or conflicts of interest

# Objectives

We will discuss the following:

- Effects of MS on energy
- Energy conservation strategies
- Monitoring fatigue
- Importance of recovery-what does this look like?
- Use of exercise to improve energy level and activity tolerance

# What is Fatigue and how does it relate to energy conservation?<sup>1-2</sup>

Fatigue is the most commonly reported symptom among those with MS

Fatigue is reported in 50-90% of those living with MS

Fatigue may interfere with activities of daily living as well as work, exercise, and overall quality of life

Fatigue is: "the subjective lack of physical or mental energy" to complete a specific activity

# What does fatigue look like in MS?

## Fatigue and MS

Fatigue is one of the most common symptoms of MS, occurring in approximately 80% of people with MS. MS Fatigue (lassitude):

- Interferes with ability to function at home, work and with leisure activities
- Is one of the primary reasons for early departure from the workforce



### Characteristics of MS fatigue



Generally occurs on a daily basis



Tends to be aggravated by heat and humidity



Comes on easily and suddenly



Generally more severe than normal fatigue



Tends to worsen as the day progresses

Learn more here  
(hover camera over icon)



# What is making me feel fatigued?



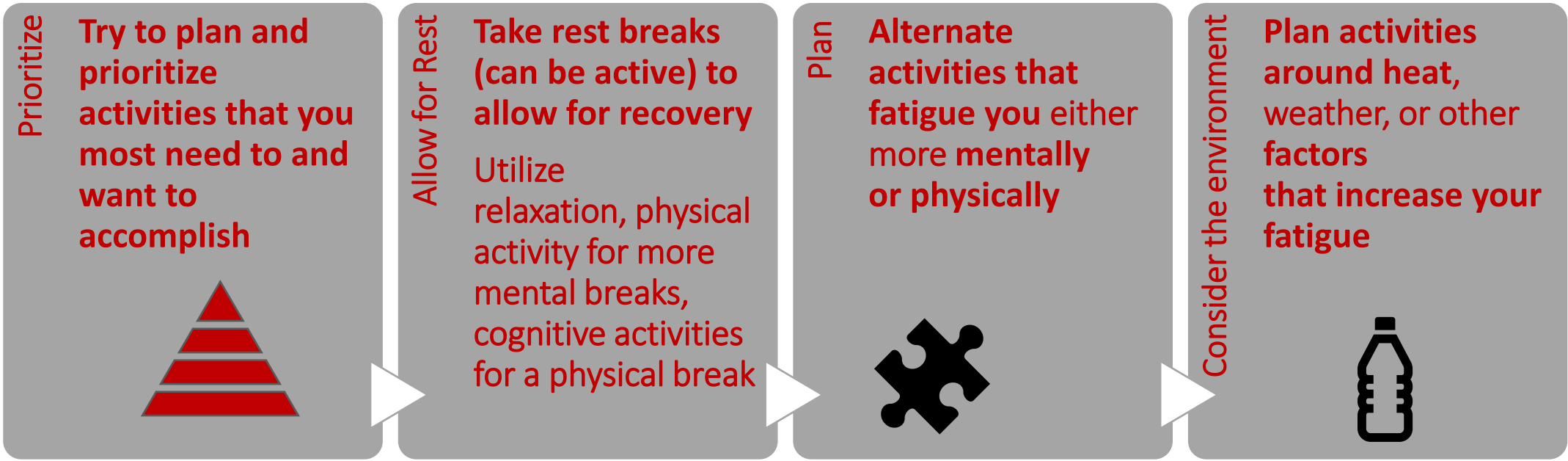
OR



**Do I get more mentally or physically fatigued? Or both?**

Planning Meals/Grocery list	Laundry
Reading	Cooking
Talking to family/making plans	Cleaning
Driving	Grocery Shopping
Paying Bills	Bathing/dressing

# Plan ahead<sup>3</sup>



# Energy Conservation Strategies<sup>3</sup>

How to save energy even when your to-do list is long

**Sit while performing activities when able**

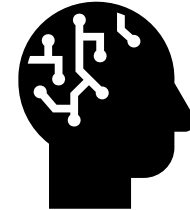
- folding laundry, cooking, making a list



**Use an assistive device or bracing if it has been prescribed to you**

- These can help with efficiency of movement and safety (grabber, cane, walker, etc)

**Set up your home/office so there are chairs or places to rest throughout**



**Try to minimize trips, consolidate related objects**



**Take time to stay safe! Rushing and changing speeds quickly will ultimately take more time and may put you at increased risk of falling**



# How to monitor fatigue<sup>4</sup>

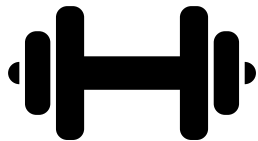
- Knowing how tired you are before and after a specific activity can be helpful for deciding when you may need a break
  - If you know a specific activity is very tiring or at a certain time of day you are always more tired, try to monitor how tired you are with this scale to determine if you may need to rest before/after doing something

	NO FATIGUE			MILD			MODERATE			SEVERE			
	0	1	2	3	4	5	6	7	8	9	10		
VAFS	1	2	3	4	5	6	7	8	9	10			
	Mild			Moderate			Severe						
CTCAE 4.03	Fatigue relieved by rest			Fatigue not relieved by rest, limiting instrumental ADL			Fatigue not relieved by rest, limiting self care ADL						
Definition: A disorder characterized by a state of generalized weakness with a pronounced inability to summon sufficient energy to accomplish daily activities													

# Exercise<sup>2</sup>

## Consider low-moderate activity to decrease fatigue

- Fatigue can limit the day-to-day activities you are able to perform, but exercise can improve fatigue in the moment and over time improve endurance
  - Consider seated or supine exercises versus standing exercise depending on fatigue and exertion



## Additional Resources



- **Physical therapy** can help with prescription of appropriate activity and exercise as this may look different for everyone regarding time of day, effect on symptoms, intensity, and duration of activity



- If you are having trouble with memory/cognitive difficulties in planning your day, **Speech therapy** may be helpful



- If more fine motor activities are tiring or difficult, or you have difficulty with specific activities of daily living, **Occupational therapy** may be helpful for building strength, endurance and providing specific energy conservation strategies

# References

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