



Cognitive Rehabilitation in the Treatment of Fatigue in Multiple Sclerosis

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What is a Neuropsychologist?

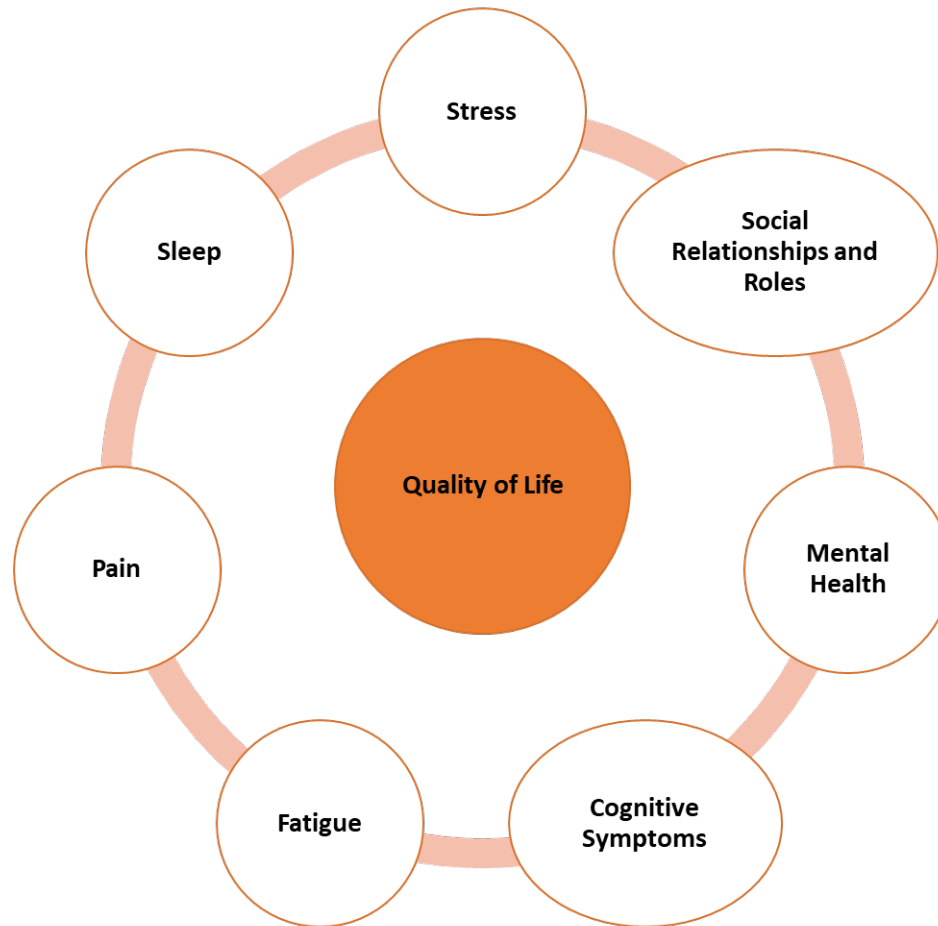
Clinical psychologist with specialized training in neuroanatomy and the neurosciences

Interested in brain-behavior relationships

Neuropsychological assessment – paper-and-pencil testing to identify cognitive strengths and weaknesses and assist in treatment planning

Treatment – talk therapy to maximize functional quality of life (cognitive behavioral psychotherapy, cognitive rehabilitation)

Quality of Life in MS



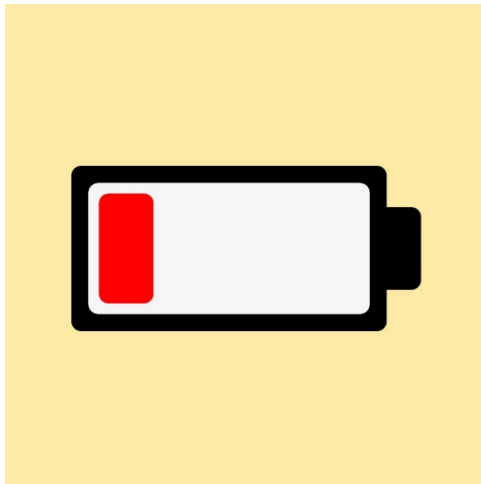
Behavioral health treatment can teach new coping strategies to manage a range of symptoms/experiences

Fatigue and Cognition in MS

The “Invisible Symptoms” of MS

75-95% of patients experience fatigue

43-70% of patients have cognitive complaints



Common Myths about MS

Myth #1: Visible MS symptoms are the most difficult to cope with

Myth #2: Fatigue and cognitive symptoms are caused by depression

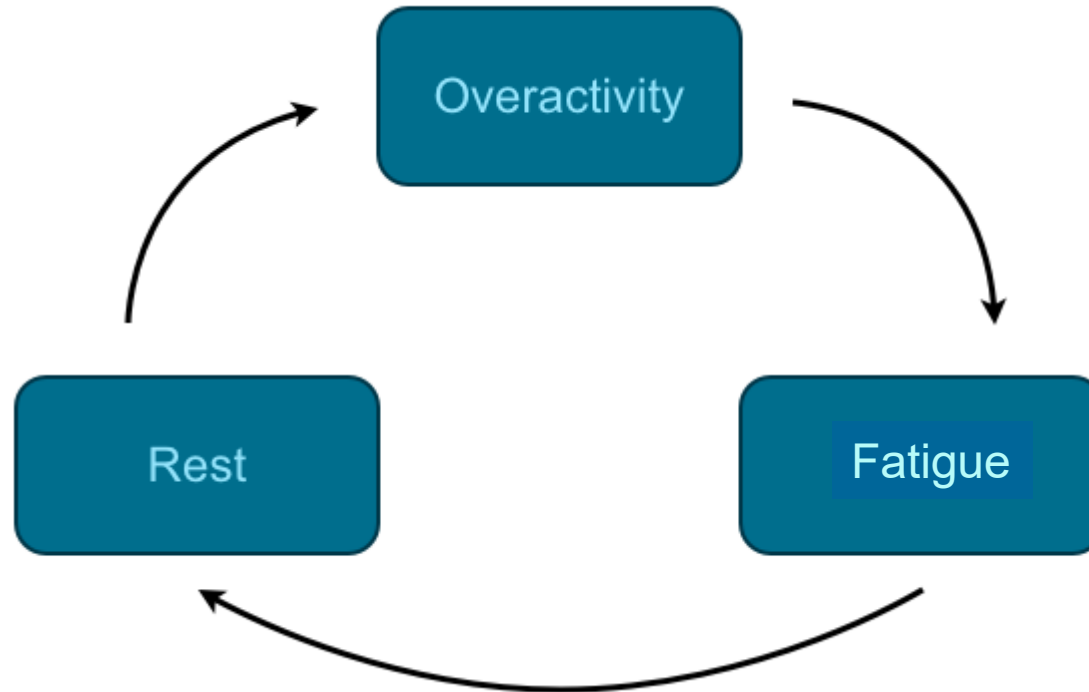
Myth #3: Fatigue and cognitive symptoms are unrelated to depression

Myth #4: “Brain fog” is the only cognitive symptom of MS

What is Cognitive Rehabilitation?

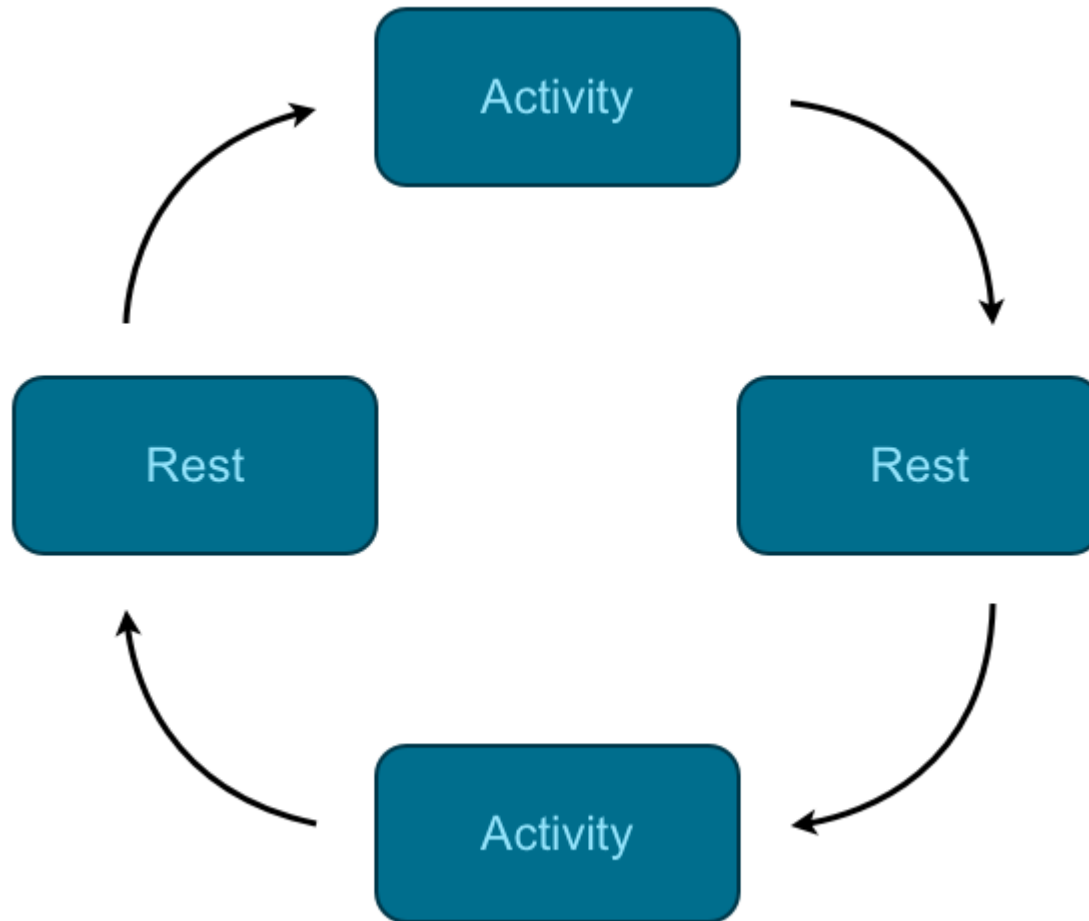
- Evidence-based, time limited psychotherapy-based intervention
- Goal is to maximize functional quality of life through use of cognitive compensatory strategies
- Initial session - review current concerns, needs, and goals
- Learn new compensatory strategies in sessions to address areas of weakness
- Practice strategies outside of session
- Review experience using strategies, problem solve, and make adjustments as needed

Activity Pacing for Cognitive Fatigue



Individuals who experience cognitive fatigue sometimes push themselves to do lots of activity when they are having a “good” day

Activity Pacing for Cognitive Fatigue



Cognitive Compensatory Strategies

Effective strategies for forgetfulness:

- Designating a single location to keep frequently misplaced items
- Setting up regular alarms and systems to manage medications
- Using a single planner to keep track of appointments and important information

Effective strategies for concentration difficulties:

- Breaking large projects into smaller steps
- Scheduling frequent, brief breaks throughout the workday
- Developing habit of finishing one task before starting another
- Structuring environment to minimize distractions

Helpful Resources

National MS Society

<https://www.Nationalmssociety.org>

<https://www.nationalmssociety.org/Chapters/OHA>

Multiple Sclerosis Association of America

<https://mymsaa.org/>

Multiple Sclerosis Foundation

<https://msfocus.org/>

National Suicide Prevention Lifeline

1-800-27-8255

<https://suicidepreventionlifeline.org/>

24-hour free hotline and online chat services