

FACETS - A Fatigue Management Program for people living with multiple sclerosis

FACETS (Fatigue: Applying Cognitive behavioural and Energy effectiveness Techniques to lifeStyle) is an evidence-based, manualised, group program for people with multiple sclerosis (MS) to support self-management of fatigue. Developed in the United Kingdom by researchers from Bournemouth University and clinical staff from Poole Hospital, the FACETS program, incorporates 'energy effectiveness techniques' - like lifestyle decisions and ways of working that maximise the energy people have - alongside cognitive behavioural strategies, helping participants to learn helpful ways of thinking about fatigue.

It consists of a series of six face-to-face sessions (typically held weekly) in groups of 6-10 people with MS. Delivered by health care professionals (HCPs) such as occupational therapists, physiotherapists and MS Nurses, the sessions are highly structured and incorporate a combination of learning techniques, including presentations, group discussions, flipchart exercises and tasks to do at home. Results showed improvements in fatigue severity and self-efficacy at four months and additional improvements in quality of life at one year. More than 1,500 people with

MS in the UK have received FACETS and the program has been translated into French, Norwegian and German.

MS is now delighted to provide this effective program in Australia and will run the first programs in Sydney and Melbourne in 2019.

FACETS In a Nutshell

- Supports self-management of fatigue
- Six face-to-face highly structured sessions held weekly
- Delivered by HCPs
- Cost to patient \$80, including workbook and all resources

HOW WE CAN HELP

MS occupational therapists and nurses have been trained to deliver the FACETS program and will run face to face programs. The first programs will run in Sydney and in Melbourne in 2019.

References:

1. Thomas S, Thomas PW, Nock A, et al. Development and preliminary evaluation of a cognitive behavioural approach to fatigue management in people with multiple sclerosis. *Patient Educ Couns* 2010, 78:240-249.
2. Thomas PW, Thomas S, Kersten P, et al. Multi-centre parallel arm randomised controlled trial to assess the effectiveness and cost-effectiveness of a group-based cognitive behavioural approach to managing fatigue in people with multiple sclerosis (Protocol) *BMC Neurol* 2010;10:43.
3. Thomas S, Thomas PW, Kersten P, et al. A pragmatic parallel arm multi-centre randomised controlled trial to assess the effectiveness and cost-effectiveness of a group-based fatigue management programme (FACETS) for people with multiple sclerosis. *J Neurol Neurosurg Psychiatry* 2013;84:1092-99.
4. Thomas PW, Thomas S, Kersten P, et al. One year follow-up of a pragmatic multi-centre randomised controlled trial of a group-based fatigue management programme (FACETS) for people with multiple sclerosis. *BMC Neurol* 2014;4:109.

For more information: research.bournemouth.ac.uk/project/ms-research-at-bournemouth-university/

Please contact **MS Connect** for more information:

Phone: **1800 042 138** Email: msconnect@ms.org.au Web: ms.org.au