




Welcome to todays Webinar:  
*Managing Fatigue in Multiple Sclerosis*  
Your Presenter is Andrea Salmon  
Your Facilitator is Annie Sassin

1

**Acknowledgement**




We acknowledge and pay respect to the traditional custodians past and present on whose lands we meet today.

We acknowledge the deep feelings of attachment and the relationship of Aboriginal people to country and respect the cultural authority of the elders in each community.

Multiple Sclerosis Limited


2

## Introducing Andrea Salmon



Andrea is one of the Education and Wellbeing Program Coordinators at MS. She started with MSL as an Occupational Therapist and has held various roles since then.


Andrea believes that knowledge is power and wants people living with multiple sclerosis to feel supported and empowered to make informed decisions regarding living well with MS.




Multiple Sclerosis Limited

3

## Outline




- Fatigue – what is it?
- Fatigue management contributing factors and strategies
- Putting strategies into practice
- Where to go for follow up



Multiple Sclerosis Limited

4

## Symptoms



**Fatigue**

**Blurred or double vision**

**Loss of balance or coordination**

**Weakness in the arms or legs**

**Heat intolerance**

**Sensory changes**

**Problems with speech, slurring and/or swallowing**

**Cognitive, mood, behaviour change**

**Pain**


**Continenence problems**

**Tremor**

**Sexual problems**

**Spasticity**


**UNDERSTANDING**



Multiple Sclerosis Limited

5

## Fatigue: What is it?




“Fatigue is a subjective lack of physical and/or mental energy that is perceived by the individual or caregiver to interfere with usual and desired activities.”

(from Management of Fatigue in Persons with Multiple Sclerosis, 2014)

Multiple Sclerosis Limited

6



## Types of Fatigue



Everyday Fatigue

MS Fatigue


- Lassitude
- Nerve Fibre Fatigue /Neuromuscular
  - Physical
  - Cognitive





Multiple Sclerosis Limited

7

## Contributing Factors



- Sleep and Rest
- Depression & Stress
- Diet & lifestyle
- Fitness & strength
- Heat
- Medications



Multiple Sclerosis Limited

8

## Strategies

Multiple Sclerosis Limited


9

## Prioritise your Activities

Important, but not urgent	Important and Urgent
Not urgent or important	Urgent, but not important


Multiple Sclerosis Limited

10

Plan your Activities 						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Workout	Workout	Recovery day	Workout	Laundry	Recovery day
Office	Pay Bills	Office		Office	Housework	
Office	Visit with Friends	Office		Office	Housework	
Office	Gardening	Office		Office	Housework	
Office	Volunteer	Office		Office		
Groceries	Vacuum	Change Linen				
Cook Dinner	Cook Dinner	Cook Dinner	Cook Dinner	Cook Dinner	Socialise	Cook Dinner

Multiple Sclerosis Limited

11

Plan your Activities 						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Workout	Workout		Workout	Laundry 30 mins	
Office	Pay Bills	Office	Meal planning	Office		
Office	Rest	Office	Rest	Office	Housework – 60 mins	Visit with Friends
Rest	Vacuum – 30 mins	Rest	Order groceries	Rest		
Office	Volunteer	Office	Vacuum – 30 mins	Office		Gardening 1 hour
Office		Change Linen - fortnightly		Office		
Delegate Dinner	Cook Dinner - double	Reheat Dinner	Cook Dinner	Delegate Dinner	Socialise	Cook Dinner

Multiple Sclerosis Limited

12

## Get A Good Night's Sleep




- Good sleep patterns give you the best chance of a refreshing sleep
- Go to bed and get up at the same time each day
- Establish a restful bedroom environment
- Avoid stimulating activities, food and drink before bed
- Get regular exercise (but not just before bedtime)
- Persevere





Multiple Sclerosis Limited

13

## Incorporate Rest Breaks



- Permission to rest
- When to rest
- Where to rest
- How often to rest
- How long to rest for
- Rest Body & Mind



Multiple Sclerosis Limited

14

## Maximise Rest Breaks



Relaxation techniques

Meditation

Mindfulness


Tai Chi



Multiple Sclerosis Limited

15

## Diet and Lifestyle




**Aim for:**

- Adequate water intake
- Eating Breakfast
- Eating proteins and carbohydrates in combination
- Adequate Iron levels
- Low GI Foods

**Minimise:**

- Big meals
- Caffeine and Alcohol




Multiple Sclerosis Limited



16



## Keep Active



- Include strengthening, balance, stretching, fitness and endurance exercises
- Quality not quantity : Little and often
- Avoid overheating
- Plan a rest break after exercise
- Reduce exercise if unwell
- If you still feel exhausted 2 hours after exercising, reduce intensity next session



Multiple Sclerosis Limited

17

## Heat worsens fatigue



- Keep your home cool
- Stay hydrated
- Choose lightweight, loose clothing
- Cool your body from the outside
- Cool your insides
- Exercise in cooler environments
- Rest during warmer parts of the day



Multiple Sclerosis Limited

18

Summary

MS Fatigue is different to normal fatigue

Could the fatigue you are experiencing be caused by something else? An infection, an MS relapse, a side effect of medication?

What can you change in your life to improve fatigue?

Seek specialist help via MS Connect or through your local health professionals

Persist with suggested changes as it may take time to reap the benefits

Multiple Sclerosis Limited

19

FACETS

FACETS -  
**(Fatigue: Applying Cognitive behavioural and Energy Effectiveness Techniques to LifeStyle)** is an evidence-based group program for people living with multiple sclerosis.

It's designed to help you learn to manage your fatigue.

Incorporates 'energy effectiveness' techniques and ways to maximise your energy, cognitive behavioural strategies, and helpful ways of thinking about fatigue.

To express interest in more information use this link:  
<https://www.trybooking.com/BKHAJ>

Multiple Sclerosis Limited

20

## Employment Support Services



The MS Employment Support Service (ESS) is the only MS specialist employment service for people living with multiple sclerosis in Australia that can help you succeed at work, whether that is staying in your current job or finding new employment.

Contact MS Connect for more information on free call 1800 042 138.



Multiple Sclerosis Limited

21

## Registered NDIS Provider



MS is a registered NDIS provider in NSW, ACT, Vic and Tas and is approved to provide:  
*(Pls note: Face to face services/programs have been either converted to online programs or postponed)*


- Assistance with 'Access Request Forms', Access rejections and pre-planning
- Support Coordination – assistance to help make your plan active
- Plan Management
- Short term accommodation (Vic)
- Group activities – yoga, dance for health, exercise (NSW)
- Exercise Physiology (NSW)
- Specialist Continence Assessment (Vic)
- Occupational Therapy (NSW and Vic)
- Physiotherapy (NSW)

Want to learn more?  
 Please call  
**MS Connect**  
**1800 042 138**


Multiple Sclerosis Limited

22

## Peer Support




- ❖ 1:1 Phone Support
- ❖ Face to Face groups
- ❖ Telegroups
- ❖ Facebook groups



Multiple Sclerosis Limited

23

## Your Take Home Strategies



- Minimise contributing factors
- Planning, Prioritization and Pacing
- Sleep and Rest
- Relaxation Techniques
- Diet and Lifestyle
- Fitness and Strength
- Heat management



Multiple Sclerosis Limited


24

**Questions** 

MS Connect  
1800 042 138  
[msconnect@ms.org.au](mailto:msconnect@ms.org.au)

Multiple Sclerosis Limited

25

**Get Your Act Together** 

- Online Tool – designed to help you better manage your multiple sclerosis symptoms
- Focuses on some of the common symptoms of MS – emotions, fatigue, continence, cognition, pain and heat sensitivity
- Designed for people living in the ACT but includes useful information for all people living with MS
- Complete the tool to receive a personalized report (listing services, resources, tips etc)

Visit [www.ms.org.au](http://www.ms.org.au) and search **Get Your Act Together**

Multiple Sclerosis Limited

26

Free E-books

Contact MS Connect to obtain login details  
1800 042 138

Multiple Sclerosis Limited

27

Resources Related to Fatigue

**Title:** Fighting fatigue in multiple sclerosis: Practical ways to create new habits and increase your energy

**Author:** Nancy Lowenstein

**Published:** 2009

**Availability:** Print and eBook

The information in this book will help you learn techniques to assist you in having more energy to do the activities you enjoy. Many people give up doing the 'fun' activities in their lives in order to get through the 'must dos.' This book will give you the tools to manage your time and activities in order to do both.

**Title:** Sink into sleep: A step-by-step workbook for insomnia

**Author:** Judith Davidson

**Published:** 2013

**Availability:** Print and eBook

Although this book is anchored in the science of sleep, the tone of the writing is reassuring and encouraging, filled with first person accounts and easy to use worksheets. Sink into sleep features chapters focused on men (often ignored by insomnia books), women and their special sleep needs, sleep and medical conditions, sleep and anxiety or depression, and the pros and cons of sleep medication.

Multiple Sclerosis Limited

28

**Podcasts for Clients** 




**PODCASTS**

<https://www.ms.org.au/support-services/education/podcasts.aspx>


Multiple Sclerosis Limited

29

**MS Connect** 


**10 reasons to call us:**

1. Up-to-date, evidence based information about multiple sclerosis
2. Expert advice on managing symptoms
3. Information about minimising the impact of multiple sclerosis
4. Support for people who are newly diagnosed
5. Information about treatment options
6. Education programs
7. Connections to other people living with multiple sclerosis
8. Referrals to appropriate services in your area
9. Extra support for you and your family
10. Respite options to give families short-term breaks



Multiple Sclerosis Limited

30

**Thank you** 

MS Connect  
1800 042 138  
[msconnect@ms.org.au](mailto:msconnect@ms.org.au)

Please stay on after this webinar to complete a short survey.

Multiple Sclerosis Limited