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## Efficacy of a fatigue management intervention in multiple sclerosis patients

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In Multiple Sclerosis (MS), fatigue is a troublesome and common symptom that contributes to disability. Fatigue Management Intervention (FMI) is an approach that seeks to manage fatigue, based on energy conservation principles that work as guidelines for performing tasks conserving energy, following behavioural strategies. The main purpose of this research is to establish the efficacy of a FMI on physical and mental fatigue (Multidimensional Assessment of Fatigue Scale- MAF), quality of life (World Health Organization Quality of Life – Bref- WHOQoL-Bref), self-efficacy (Multiple Sclerosis Self-Efficacy- MSSE), MS impact (Modified Fatigue Impact Scale-MFIS) and social participation (Impact on Participation and Autonomy-IPA) in MS patients who are prescribed with injectable First-Generation Disease Modifying Therapies (FDMT). Fifty participants suffering from MS-related fatigue were recruited and twenty-five completed the FMI during 8 sessions, 1 hour/week, conducted by a psychologist in an individual-format protocol, a modified version of the Packer's course (1995), the only standardized and published programme to date. 25 patients integrated the control group (allocated to current practice, also taking FDMT). Self-report measures and neuropsychological assessments were used to access fatigue before and after the experimental period and to compare with the control group. After the participation on MFI, participants reported a statistically significant decrease (MD=-3.1) in fatigue and MS impact, improved self-efficacy and quality of life. Moreover, they reported lower overall fatigue when compared to the control group. There was no improvement in social participation. All behavioural strategies were used by 55% of the participants and 72% were rated as effective. Despite the sample size, our findings highlight that this FMI can be a beneficial non-pharmacological intervention for MS participants and show that they implemented new energy conservation principles and also perceived them as effective.

### Biography

Parreira M completed her Master's Degree in Clinical Psychology at University of Minho (Braga, Portugal) in 2012 and later performed Postgraduate studies in Neuropsychology of Intervention. She has worked in hospitals as a Neuropsychologist, and actively collaborates with a Multiple Sclerosis Association and is currently conducting research in a clinical trial related to the Alzheimer's disease and a study in Multiple Sclerosis at Alto Ave Hospital Centre, in association with University of Minho. She has published papers and presented oral and poster presentations, and she is an Editor of the *International Journal of Psychology and Neuroscience*.

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