The Energy Management Program in support of Restoration and Renewal for Persons with MS (EMPIRe2): An Initial Evaluation

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Background/Rationale
• Fatigue, the most common MS symptom, impacts daily function.
• Cognitive behavioral therapy & self-management techniques are effectively managing MS fatigue.
• There is no readily available program of managing MS fatigue.
• EMPIRe2 was developed to address this gap.

Research Questions
Q1. What are the EMPIRe2 - MS participant fatigue characteristics?
Q2. What is the EMPIRe2 - MS participant fatigue experience?
Q3. What is the participant experience related to the EMPIRe2 - MS?
Q4. Do the fatigue items of the CFABMS have internal reliability?

Methods
• Participants: 26 persons with definite MS
• Intervention: All completed the EMPIRe2-MS program from 2015-2017
• Protocol
  • Pre-program (week 0)
  • Comprehensive Fatigue Assessment Battery for Persons with MS (C-FABMS)
  • Patient Health Questionnaire (PHQ-9)
  • Fatigue Severity Scale (PSS)
  • Self-Efficacy for Performing Energy Conservation Strategies Assessment (SEPEC SA)
  • Post-program (Week 5):
    • Program Evaluation Tool
    • Demographics
    • Medical History

Q1 response: Characteristics of Fatigue

How long have you experienced fatigue problems?
- Less than 6 months: 5 (19.2)
- 6 months to 2 years: 4 (15.4)
- 2 to 5 years: 2 (7.7)
- More than 5 years: 1 (3.8)

When does your fatigue usually begin?
- Early morning: 7 (23.1)
- Late morning: 5 (18.5)
- Early afternoon: 7 (26.9)
- Late afternoon: 7 (26.9)
- Early evening: 5 (18.5)
- Late evening: 2 (7.7)

How frequently do you experience fatigue?
- Occasionally: 4 (15.4)
- Most days: 5 (19.2)
- Every day: 12

Q2 response: Fatigue Experiences

Q3 response: Experience with EMPIRe2-MS

Q4 response: Internal reliability of fatigue items

References