

# Working with MS Support Group

[WorkingWithMS.DC.MD.VA@gmail.com](mailto:WorkingWithMS.DC.MD.VA@gmail.com)

(301) 337-8106

<https://sites.google.com/site/workingwithms/>

Rockville Nursing Home, 303 Adclare Road, Rockville, MD 20850

December 11, 2016

## Agenda

|        |   |
|--------|---|
| 3:00pm | Welcome!  |
|        | Brief Introductions/Member Check-in   |
| 3:10pm | <b>E = MS<sup>2</sup>: MS Energy</b><br>“I prefer physical exhaustion over mental fatigue any day.”<br>Clotilde Hesme |
| 4:00pm | Member Sharings & Support   |
| 5:00pm | Adjourn   |

### Handouts & “News You Can Use”:

- Some guidelines on saving energy: For people with multiple sclerosis (Booklet; NMSS of Canada-Quebec Division, 2005)  
<https://mssociety.ca/library/document/wWmeNE1oOUyRlgBFxkiZ28A73vb4rfl/original.pdf>
- Energy Conservation Strategies for People with Multiple Sclerosis (MS) VIDEO (MS Foundation)  
<http://www.msunites.com/blog/2016/08/30/energy-conservation-strategies-for-people-with-multiple-sclerosis-ms/>
- Seven Tips for Beating MS Fatigue (by Robin Madell, 2013)  
<http://www.healthline.com/health/multiple-sclerosis/beating-fatigue#Overview1>
- Coping with Fatigue (MSAA.org; Spring 2013)  
<http://mymsaa.org/publications/motivator/winter-spring13/cover-story/fatigue/>
- Occupational therapy intervention in early multiple sclerosis: Evidence to support involvement (Canadian Association of Occupational Therapists; July/August 2009; Occupational Therapy Now, Volume 11.4)  
<http://www.caot.ca/otnow/july09/ms.pdf>
- Evaluation of a Fatigue Self-Management Program for People with Multiple Sclerosis (Mulligan H et. al., International Journal of MS Care: May/June 2016, Vol. 18, No. 3, pp. 116-121.)  
[http://ijmsc.org/doi/10.7224/1537-2073.2015-019?url\\_ver=Z39.88-2003&rfr\\_id=ori:rid:crossref.org&rfr\\_dat=cr\\_pub%3dpubmed&code=cmssc-site](http://ijmsc.org/doi/10.7224/1537-2073.2015-019?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%3dpubmed&code=cmssc-site)
- MS and Fatigue: Tired of Being Tired - November 2015 (VIDEO; Ben Thrower, M.D.; Multiple Sclerosis Foundation)  
<https://www.youtube.com/watch?v=s2hxb5vCN74>
- Let's talk about it: Questions about MS Energy Conservation
- 1) When do you most experience fatigue or lassitude (morning, mid-day, evening, when I'm doing x, etc.)?
  - 2) What immediately preceded that fatigue/lassitude? Does your body give you warning signs?
  - 3) When do you typically feel at your best? Do you have strategies to prevent fatigue/lassitude?
  - 4) Does fatigue/lassitude make you less able to do the things you want to do? When is fatigue causing you difficulties?
  - 5) Do you have specific strategies to conserve energy? Do you find conservation of energy helpful?

### Next/Upcoming Meetings:

January 8<sup>th</sup> – Meeting HAPPY NEW YEAR!!

February 12<sup>th</sup> – Meeting

March 12<sup>th</sup> – Meeting DAYLIGHT SAVING TIME BEGINS (Remember to set your clock forward!)