Managing Fatigue with Technology for Individuals with Multiple Sclerosis

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Fatigue is a common and debilitating symptom that inhibits functional abilities for individuals with multiple sclerosis (MS) (Faguy, 2016).

Energy conservation management (ECM) techniques result in lower levels of fatigue in these individuals (Tur, 2016).

Mobile health applications (mHealth apps) support self-management strategies and user adherence rates using energy conservation (Silva et al, 2015).

**Purpose of the Study**
To investigate whether the use of a mHealth app, Pace My Day (PMD), results in lower fatigue and improved adherence to energy conservation techniques for adults with MS.

**Pace My Day Application**
PMD is a mHealth app designed to help individuals monitor and plan their day and self-manage fatigue.

**Results**
Results showed a significant decrease in levels of fatigue and an improvement in satisfaction with the chosen activity using PMD and ECM techniques.

**Discussion**
- Significant reduction in the average level of fatigue was achieved in two of the three categories of the MFIS (physical p=.02, cognitive p=.001).
- PMD was successful in improving satisfaction in the task, indicating an increase in participant's self-rated ability to complete their chosen task.

**Limitations**
- Small sample size (n=7)
- No control group

**Implications for Practice**
- Interventions incorporating mHealth app can be used to improve occupational performance.
- Occupational therapists can collaborate with app developers to implement energy conservation techniques into self-management/time management applications.
- Apps can promote adherence to self-management and energy conservation strategies by providing reminders and tracking goals.

**Conclusion**
A mHealth app can help improve fatigue and increased adherence to energy conservation.

**References**
