



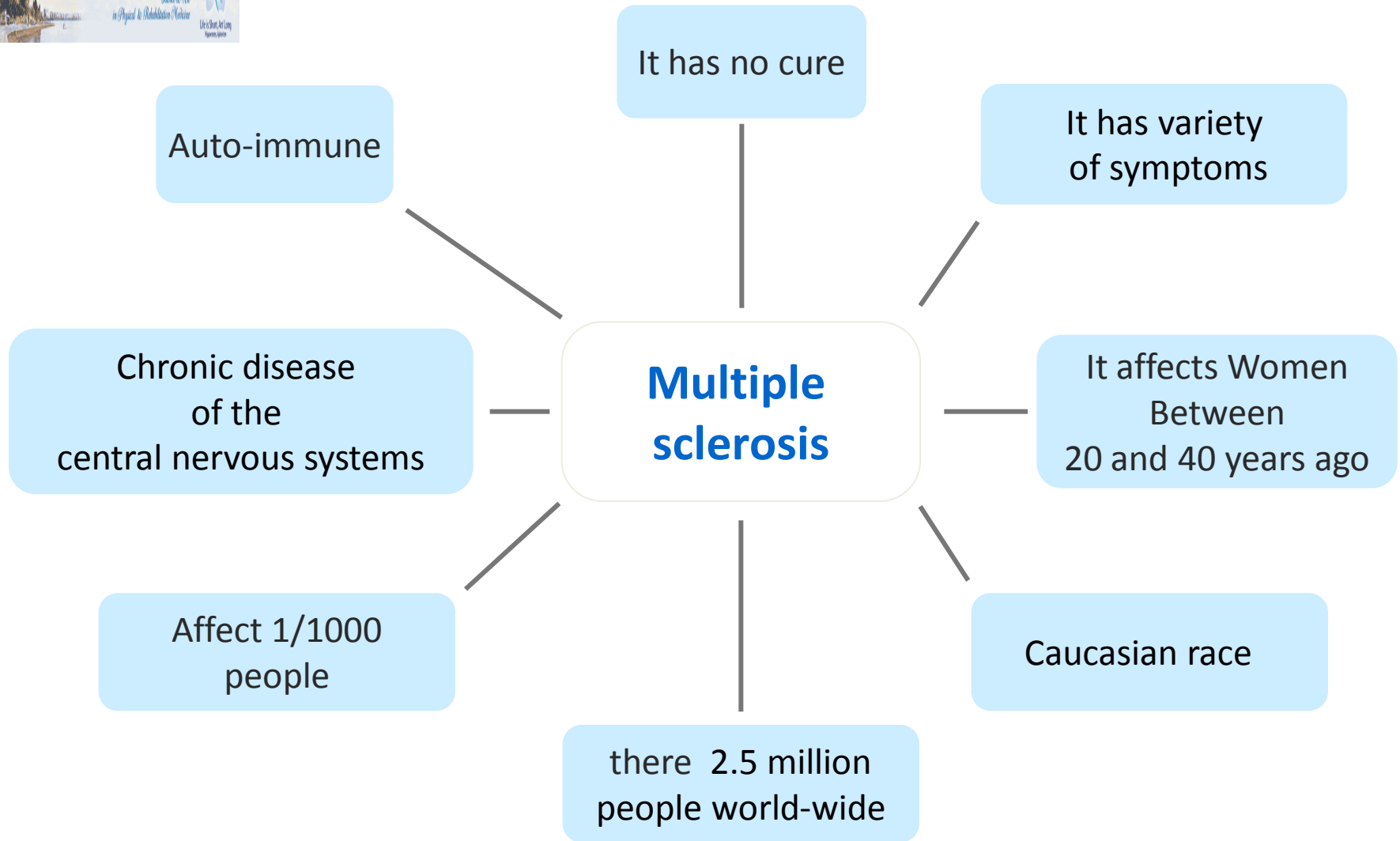
The importance of the Program for the Promotion of Physical Activity in perceived fatigue in people with Multiple Sclerosis

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It is more frequent
Relapsing- Remitting
course

Sometimes there is
rapid deterioration

Today we can early
diagnosis

Multiple sclerosis

There are new
pharmaceutical
strategies which reduce
the impact of disability

There are many Factors
which cause the disease:
Environment
genetic

Fatigue

Subjective lack of Physical or Mental energy that is perceived by the individual or caregiver to interfere with activities of life
(Kos et al, 2008; Vuciv, et al, 2010)

The source of fatigue could be a power failure production at muscle (peripheral fatigue) or a failure to sustain the required neural drive to muscle (central fatigue)
It is likely that both extremes of the fatigue spectrum are important in Multiple Sclerosis
(Vuciv, et al, 2010)

Objective



The aims of the study is to examine for
Intervention program of physical activity
In the perception of fatigue , in patients
With multiple sclerosis



52.1% one
Relapsing-Remitting
Last year

24 people with
multiple sclerosis

EDSS score under 7

58,3 % women

PARTICIPANTS

Age M=44

Diagnosis years
M=12,5

Education
M=12,5

67 %
retired workers

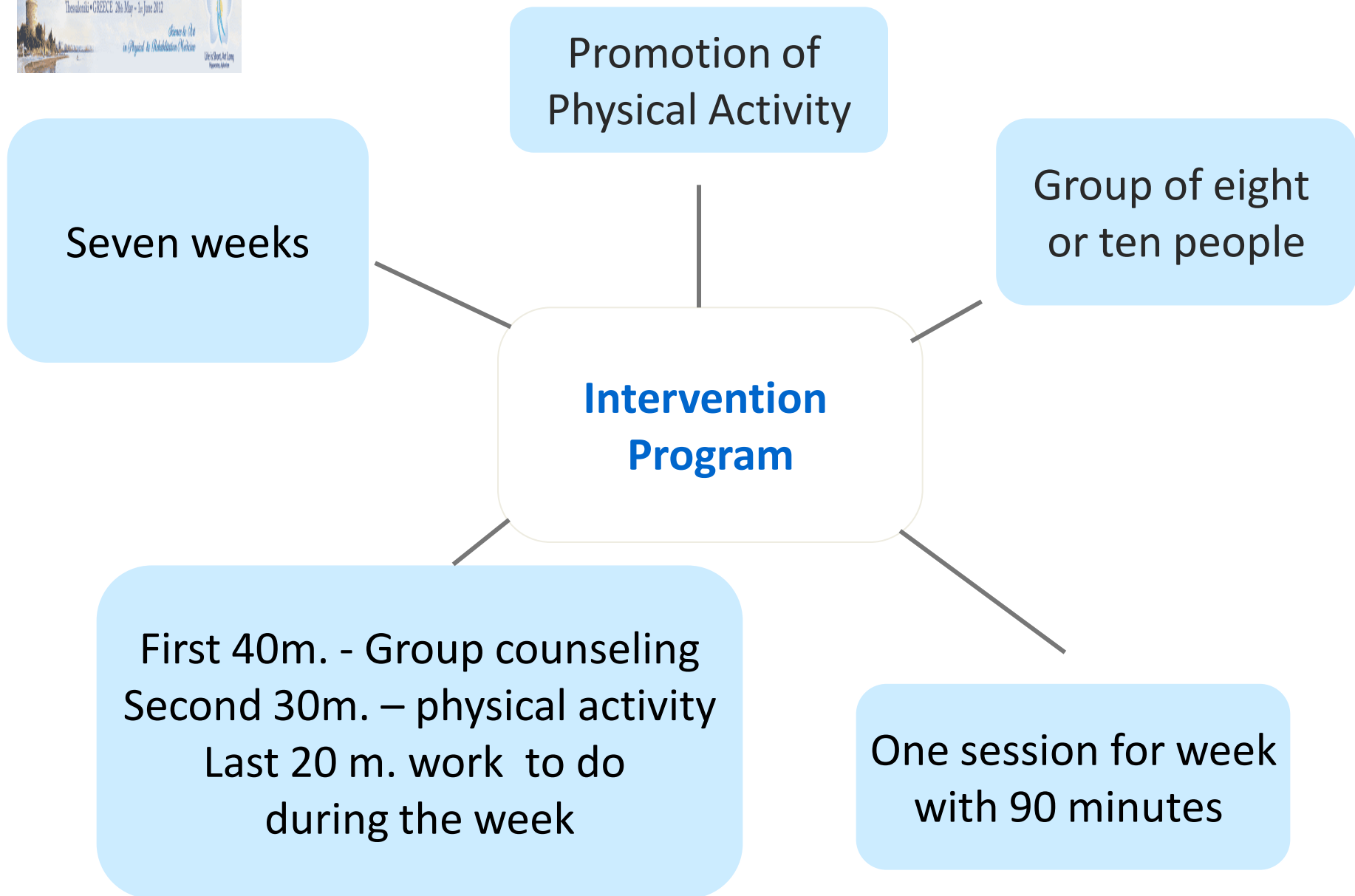
37,5 % married

Fatigue Severity Scale

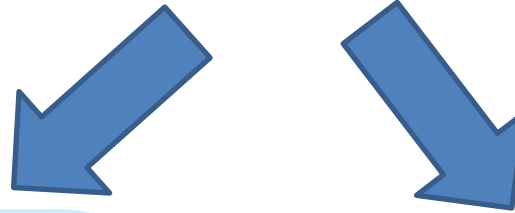
Development by Krupp et al (1898),
for people with multiple sclerosis

The FSS is a 9 item questionnaire,
Where each item is rated from
a score of 1-7

That assesses the severity,
frequency
and impact of fatigue on daily life.



Results



Assessment fatigue severity scale,
between the first and
seventh session (last session)
of the intervention program
to promote physical activity

We find statistically significant
differences perception of fatigue
in first and last time point.

Conclusion



There are statistically significant differences between the two moments of assessment, suggests that physical intervention programs for promotion of physical activity can play an important role to control perception of fatigue in Multiple Sclerosis Patients