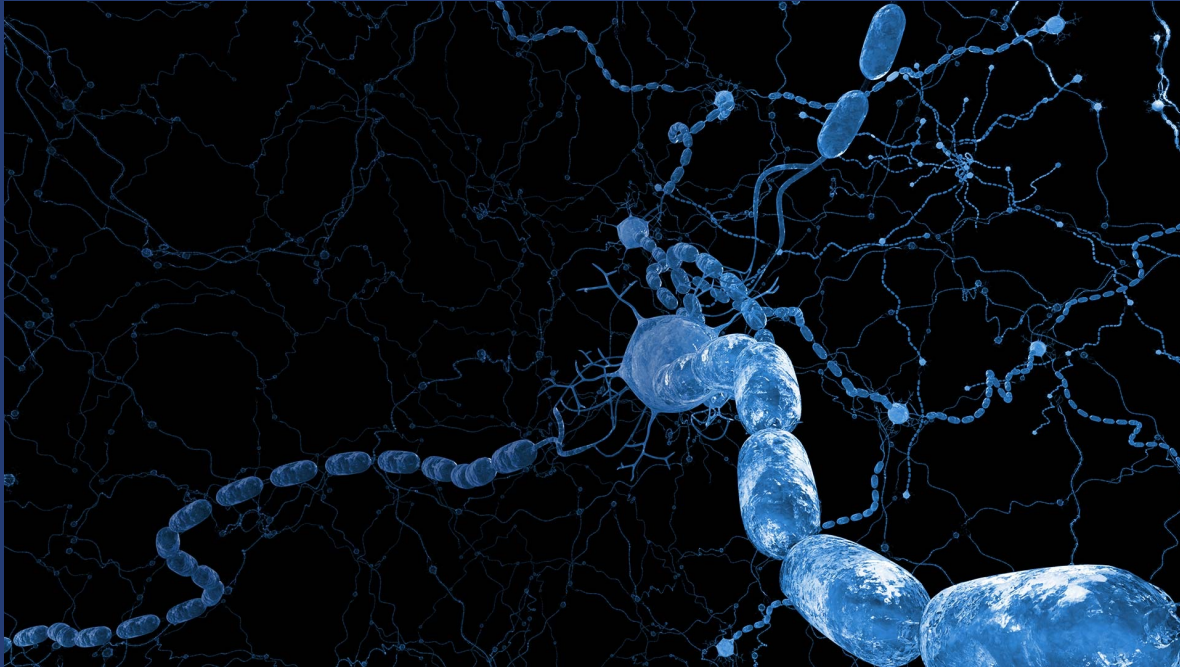


# IDENTIFYING AND MANAGING FATIGUE IN RARE NEUROIMMUNE DISORDERS



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# Disclosures:

No relevant disclosures

# Various symptoms in rare neuroimmune disorders:

Painful blurry vision

Double vision

Vertigo

Sensory (numbness, tingling)

Weakness (heavy)

Spasticity (tightness)

Balance issues

Gait dysfunction

Pain

Fatigue

Bladder dysfunction

Bowel dysfunction

Sexual dysfunction

Heat sensitivity

Mood issues

Cognition

# Various symptoms in rare neuroimmune disorders:

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**Fatigue**

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# Objectives:

Identifying and explaining fatigue.. *the invisible symptom!*

Wide ranging effects of fatigue

Reasons for primary and secondary fatigue

Fatigue mitigation strategies to minimize impact on life

# Identifying and explaining fatigue.. the invisible symptom!

Extremely common in rare neuroimmune disorders

Intense fatigue interfering with daily activities

Refractory to rest

Worse later in day

Worse with infection, heat, humidity, stress

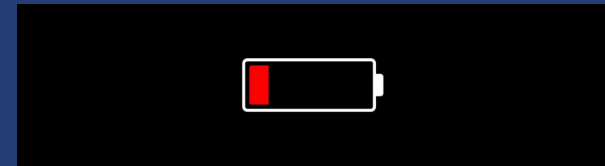
# Identifying and explaining fatigue.. the invisible symptom!

Physical .... Mental...both

Heavy tiredness (lassitude)

General weakness...

Lack of energy..



Crushing exhaustion...

Brain fog

# Effects of fatigue:

Being the invisible symptom; often misunderstood by people affected by fatigue and well meaning individuals

Can be perceived as mood issues, laziness

Can cause guilt, can make other symptoms worse

Can cause perceived attention issues, slow processing speed, memory & speech issues (interfere with work, cause anxiety)

Important to understand, communicate and mitigate to minimize impact on life



# Primary fatigue:

Directly related to primary condition/rare neuroimmune disorders

Not well understood

Related to central nervous system inflammation/damage

# Secondary fatigue:

Side effect of medications (pain, spasticity, mood, sleep)

Interruption of sleep due to pain, spasms, bladder issues

Interruption of sleep due to mood issues or primary sleep disorder

Difficulty with ambulation

Heat, humidity, infection

Inactivity , stress, poor diet

Related to other medical issues like anemia, thyroid disease, menopause

# Fatigue management strategies:

Aimed at identifying and mitigating multiple underlying factors in each individual contributing to fatigue

Periodic re evaluation necessary as underlying factors may change over time

Once underlying factors are addressed fatigue medications can be considered for residual fatigue

# Fatigue management strategies:

Side effect of medications (pain, spasticity, mood, sleep)

Avoid sedating medications especially in daytime

Interruption of sleep due to pain, spasms, bladder issues

Medications, stretching, urology referral

Interruption of sleep due to mood issues or primary sleep disorder

Address mood issues and underlying sleep disorder (medications, counseling, sleep study, sleep hygiene)

# Fatigue management strategies:

Difficulty with ambulation

PT, assistive devices, work/home accommodations, parking

Heat, humidity

Cooling techniques, work/home accommodations

Inactivity, stress, poor diet, infection

Address underlying issues

Related to other medical issues like anemia, thyroid disease, menopause

Identify and address

# Fatigue management strategies:

Medications:

Amantadine, modafinil, amphetamines

Monitor for side effects, re evaluate need periodically

# Fatigue management strategies:

Good sleep hygiene, healthy diet, exercise

# Fatigue management strategies:

Work accommodations:

flexible hours, regular rest breaks, closer to restroom, arranging a parking space closer to the entrance, looking at your work environment to make sure it is accessible for you.

Home accommodations/communication with family:



# Fatigue management strategies:

Occupational therapist assistance:

Plan

Prioritize

Ask for help

Organizing work and living places

Fatigue diary

# Fatigue management strategies: In conclusion

Fatigue mitigation strategies can improve perceived cognitive issues, brain fog, word finding issues, mood/ perceived mood issues, mobility allowing improved function in every capacity

Optimal fatigue management vital for good quality of life including impact on family life, work, social life

# Experienced multidisciplinary health care team:

Primary care

Rehab doctor

Physical therapist, occupational therapist, speech therapist

Orthotist

Gait clinic

Urology

Ophthalmology

Pain specialist

Psychiatry/neuro-psychologist

Social worker

Counselor

Pharmacist, pharmacy technician



Thank you