Further reading
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CO35-004-e
Fatigue and multiple sclerosis: Experience of a therapeutic education seminar
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Keywords: Multiple sclerosis; Fatigue; Therapeutic education

Background. Fatigue is a common and disabling symptom in multiple sclerosis. The objective of this work was to study the impact of a therapeutic education program on fatigue management and its effect on quality of life.

Methods. One-day seminar, divided into several workshops on the topic of fatigue. Evaluation at 3 months of the impact on quality of life. Inclusion criteria: people with multiple sclerosis, evolving for more than a year and less than 10 years, complaining of fatigue as most incapacitating symptom with a maximum EDSS score of 3.5.

Results. Sixteen patients have benefited from this program, at 3 months there was a non significant decrease in the score of the EMIF scale, and an improvement of quality of life on the SF36 scale, with a significant gain on the item vitality.

Discussion. This work highlights the importance of therapeutic education program in the field of fatigue and more broadly on disability in multiple sclerosis. Patients were able to develop coping strategies in everyday life, allowing them to limit the consequences of neurological impairment.

Conclusion. Therapeutic education can improve the quality of life of patients suffering from multiple sclerosis especially in the field of fatigue management.

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Fampryza effect on spasticity and fatigue in multiple sclerosis
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Keywords: Fampridine; Multiple sclerosis; Fatigue; Spasticity

Objectives. Fampryza effect on spasticity and fatigue in multiple sclerosis.

Methods. This is a retrospective study of prospectively collected data on patients with multiple sclerosis. Effectiveness was tracked after 14 days of treatment using the T25FWT as an objective measure of walking speed. Fatigue was measured with the EMIF-SEP questionnaire and spasticity with a validated 0–10 Numerical Rating Scale (NRS).

Results. Hundred and forty-six patients were recruited between April 2013 and October 2013. Hundred and thirty-five patients (age: 54±18, 6; EDSS median: 6) were evaluated: T25FWT decreased significantly (P<0.0001). EMIF-SEP overall score decreased significantly (P<0.0001) and all dimensions of it (P<0.0001). NRS score decreased significantly (~28%; P<0.0001).

Conclusion. Dalfampridine has a positive effect on walking ability [1], spasticity [1] and fatigue.

Reference
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