

# Evidence-Based Strategies for Managing Multiple Sclerosis Fatigue



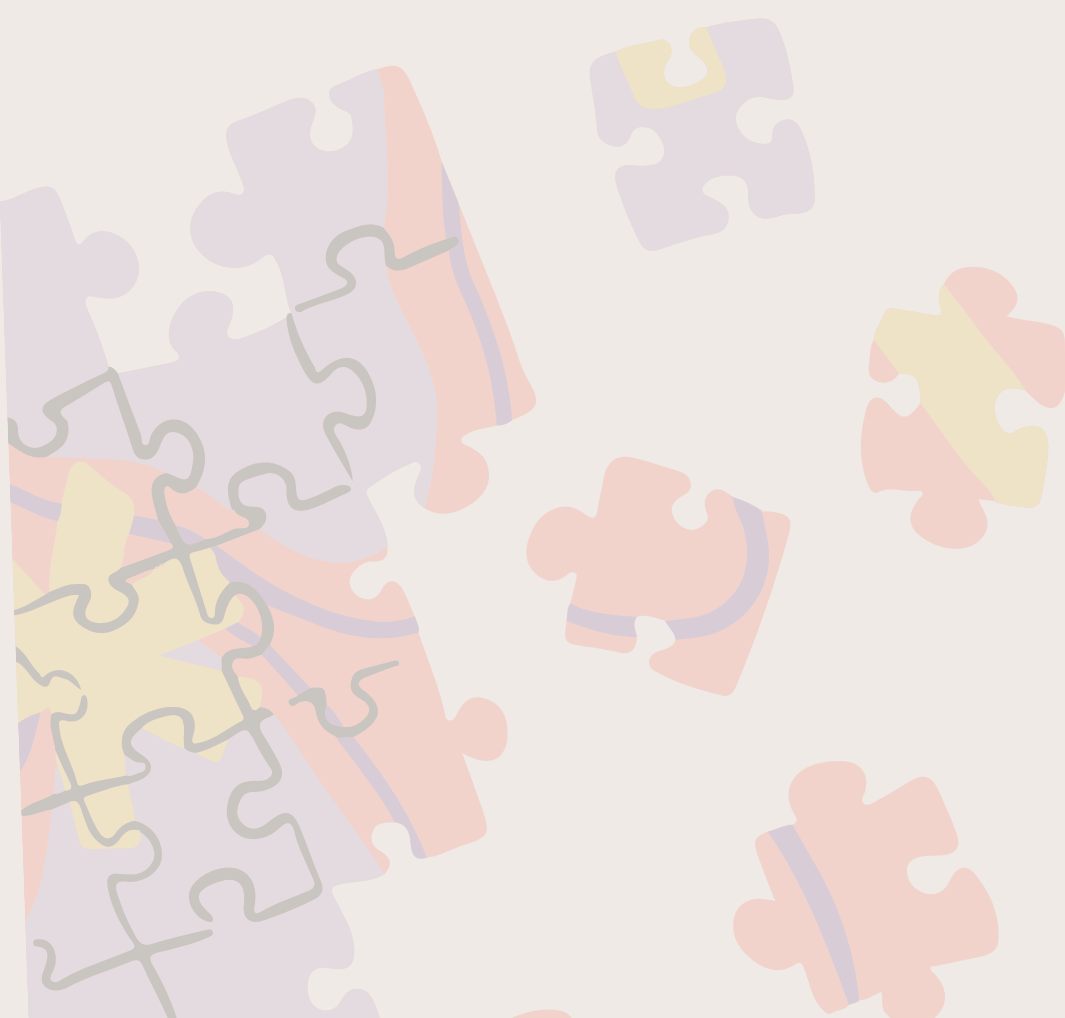
The strategies provided in this guide are based on the Best Practices Webinar for Nurses organised on 23 May 2025 by EMSP's MS Nurse PRO programme - a free e-learning platform for nurses caring for people living with multiple sclerosis. Learn more about Nurse PRO: <https://msnursepro.org/>

# UNDERSTANDING MS FATIGUE

Fatigue is one of the most challenging and pervasive symptoms experienced by people living with Multiple Sclerosis (MS), with chronic fatigue being the most commonly reported symptom, with 54% of people report experiencing it daily.\*

Unlike ordinary tiredness that everyone experiences, MS fatigue is a complex, multifaceted symptom that involves complex biological mechanisms. It often occurs independently of physical exertion and may not improve with rest alone.

Fatigue often presents as an early symptom of MS and can significantly impact daily activities, work performance, relationships, and overall quality of life.



# STRATEGIES FOR MANAGING FATIGUE

## Energy Management

Track your energy patterns using a fatigue diary

Schedule activities during your peak energy periods

Prioritise tasks when energy is highest

## Hydration & Sleep

Maintain **optimum hydration levels.**

Many patients limit fluid intake due to bladder concerns which worsens fatigue

Practice good sleep hygiene



# STRATEGIES FOR EXERCISING

Exercise can help manage MS fatigue when approached correctly:

- Aim for 150 minutes of moderate activity per week
- Start gradually and increase slowly
- Try cooling techniques before and during exercise

## Recommended Activities:

- Yoga and gentle stretching
- Swimming and water exercises
- Low-impact aerobics
- Balance exercises





# Workplace Management



## Work Environment

Request **flexible** or **remote work** options when possible

Create an **ergonomic workspace**

Use **cooling strategies** in warm environments

## Work Habits

Take **short**, scheduled rest **breaks**

**Prioritise** tasks when energy is highest

Do not hesitate to **communicate** your needs clearly to your employer





# REMEMBER

You are **not alone** in this experience

Fatigue is **real** and **valid**, even if others can't see it

Understanding the unique nature of MS fatigue is the first step toward developing effective management strategies



**Medical Disclaimer:** This guide presents evidence-based strategies developed and recommended by healthcare experts who specialise in MS care.

However, this information is for educational purposes only and should not replace professional medical advice. Always consult with your healthcare provider before making changes to your treatment plan or implementing new management strategies.

These resources are based on the Best Practice Sharing Webinar organised by EMSP's MS Nurse PRO programme – a digital platform for free Europe-focused e-learning for nurses caring for people living with multiple sclerosis.

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