

**Occupational therapy for chronic fatigue in clients with MS, CVA or Parkinson's disease; An evidence based and client centred guideline.**

E. Evenhuis<sup>1</sup>, I. Eyssen<sup>1</sup>, H. Boersma<sup>2</sup>, C. Hirs<sup>2</sup>, J. Lege, de<sup>2</sup>, A. Roekel, van<sup>2</sup>, M. Rooij, van<sup>2</sup>  
<sup>1</sup>VU University Medical Center, Amsterdam, Netherlands, <sup>2</sup>Hogeschool van Amsterdam, University of applied sciences, Amsterdam School of Health Profession, Amsterdam, Netherlands

**Introduction:**

Chronic fatigue has great impact on the participation and quality of life of clients with MS, CVA or Parkinson.

Although literature is available there is lack of evidence and consensus about the most effective and client centred occupational therapy treatment of individual clients with MS, CVA or Parkinson.

**Objectives:**

With this guideline we aim to create a client centred, evidence based, and uniform working method for the individual treatment of clients with chronic fatigue. The guideline focuses on the treatment of clients with MS, CVA or Parkinson.

**Method**

The guideline is developed according to the guidelines for developing evidence-based guidelines of the Dutch Institute for Healthcare Improvement (CBO). This implies that the guideline includes recommendations, advices and instructions to assist occupational therapists and patients in clinical decision making, supported with the best available evidence and considered judgement.

Best evidence of the available scientific articles was collected and the level of evidence is labelled according to the AGREE-instrument. Interviews and questionnaires with patients and occupational therapists were used to incorporate the clinical relevance and the patients' perspective in the guideline. Consensus was obtained in two consensus-meetings with 11 occupational therapy experts of 7 health centres.

**Results/ content of guideline:**

Inclusion criteria like the type and impact of fatigue (MFIS) are formulated. Also criteria for exclusion are described, e.g. if it is evident that fatigue is mainly caused by sleep deprivation or psychopathology clients are excluded. The guideline is developed according to the phases and their context as described in the Canadian Practice Process Framework (CPPF), a client centred framework. Theoretical frames of references, the client's personal situation and learning styles are incorporated in the different phases of the therapy. Suggestions for interventions suited to the individual client are described. These are based on evidence and consensus.

**Conclusion & Practical relevance**

The guideline and the first results of the implementation will be presented.

To facilitate the implementation of the guideline and to improve uniformity in treatment several products were developed: the guideline, a workbook, an assessment appendix and an implementation guide.