Faculty

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Instructor Bio

Barbara S. Giesser, MD is a neurologist at the David Geffen School of Medicine at the University of California, Los Angeles. Dr. Giesser is a graduate of the University of Texas Medical School at San Antonio and has been specializing in caring for persons with MS since 1982.

Course Overview

Fatigue is the most commonly reported symptom in persons with Multiple Sclerosis. It interferes with sustained usual function, and is a significant cause of loss of employment and disability in otherwise unimpaired persons with MS. Additionally, contributing factors, such as other symptoms due to MS and comorbidities, can contribute to and worsen primary MS fatigue, and need to be addressed as well. Despite its prevalence, primary MS fatigue is often under recognized and treated in the MS population. This course includes information about the presentation and mechanisms of MS fatigue, as well as treatment strategies for both primary MS fatigue and contributing factors.

This NeuroLearn course is designated for a maximum of 1 AMA PRA Category 1 Credits™.

Course Learning Objectives

As a result of this program the learner will be able to identify fatigue in persons with MS, distinguish between primary and secondary causes of fatigue, and implement effective management for this symptom. Specifically:

- Identify fatigue in persons with MS
- Distinguish between primary and secondary causes of fatigue
- Implement the appropriate management for fatigue in persons with MS
Course Elements

Element 1: Recognizing Primary Fatigue
At the end of this learning element, the learner will be able to identify primary fatigue in persons with MS.

Element 2: Treatment of Primary Fatigue
At the end of this element, the learner will be able to treat primary fatigue in MS considering both pharmacologic and nonpharmacologic methods.

Element 3: Secondary Fatigue: Iatrogenic Causes
At the end of this learning element, the learner will be able to identify and address iatrogenic causes contributing to secondary fatigue in patients with MS.

Element 4: Secondary Fatigue: Depression
At the end of this learning element, the learner will be able to identify and address depression as a contributing factor to secondary fatigue in patients with MS.

Element 5: Secondary Fatigue: Sleep Disturbances
At the end of this learning element, the learner will be able to identify and address sleep disturbances as a contributing factor to secondary fatigue in persons with MS.

Element 6: Secondary Fatigue: Pain
At the end of this learning element, the learner will be able to identify and address pain as a contributing factor to secondary fatigue in persons with MS.

Element 7: Secondary Fatigue: Lifestyle Modifications
At the end of this learning element, the learner will be able to identify the role of nutrition and exercise as contributors to secondary fatigue in persons with MS and recommend lifestyle modification strategies.

Resources

Fatigue: What You Should Know – A Guide for People with MS

Patient Health Questionnaire (PHQ-2)
References


Accreditation Statement
The American Academy of Neurology Institute is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians.

American Medical Association Physician Recognition Award™: The AAN designates this educational activity for the AMA PRA Category 1 Credits™ designated with each course. Physicians should claim only those hours of credit that they actually spend in the educational activity.

The American Board of Psychiatry and Neurology (ABPN) has reviewed and approved this program as part of a comprehensive CME program, which is mandated by the American Board of Medical Specialties (ABMS) as necessary components of maintenance of certification (MOC).
Date of Release
July 13, 2012

This course is eligible for CME credits for three years from the release date.

Registration includes twelve months access to the course. Course access is available at www.aan.com/view/neurolearn in the My Courses tab upon registration.

Contact the NeuroLearn Program:
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