

FACETS: A Fatigue Management Group

Outpatient Occupational Therapy Department CCH

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

Fatigue management is one of the most frequent reasons why people with Multiple Sclerosis (MS) are referred to outpatient occupational therapy at Cannock Chase Hospital (CCH).

The department now offers a fatigue management programme in a group format. This is an evidence-based approach called FACETS, which was developed through MS Society funded research.

What is FACETS?

FACETS stands for **F**atigue: **A**pplying **C**ognitive Behavioural and **E**nergy Effectiveness **T**echniques to **L**ifestyle

It is a group intervention that provides education and problem solving on energy effectiveness, cognitive behavioural approaches and the opportunity for peer support. The aim is to help normalise fatigue, learn helpful ways of thinking about fatigue and how to use available energy more efficiently.

Outline

It is a group-based program of up to six participants running over six weekly sessions for 1¾ hours. It is a confidential group that runs on a Wednesday from 10.00. The programme is delivered by two healthcare professionals following a structured format, which includes:

Sessions	Overview
1. What is MS Fatigue	General introduction and types of fatigue
2. Your energy levels	Importance of rest, exercise and sleep
3. Budgeting energy	Balancing activities and toolbox of techniques
4. Stress and the cognitive behavioural model	Stress response and management, cognitive behavioural model
5. Putting unhelpful thoughts on trial	Unhelpful thoughts and how to challenge these
6. Taking the programme forward	Revisiting expectations, keeping on track planner

Is FACETS right for you?

To be suitable for FACETS you need to have:

1. An MS diagnosis
2. Be able to commit to a six-week programme

The feedback received from other patients who have attended this group has been positive, and people often find the peer support is very helpful.

It is important to consider the following:

1. If English is your second language and/or you experience cognitive difficulties (memory, attention, concentration) which may impact on your involvement within the group, then please discuss your referral with us before attending
2. Can you commit to the six-week programme?
3. Is your travel distance feasible?

How can I be referred?

You can request a referral to FACETS from your Neurological consultant, MS Nurse Specialist or from another health professional, for example if you are known to a physiotherapist.

Contact details

Address:

Occupational Therapy Outpatients

Level 2

Cannock Chase Hospital

Brunswick Road

Cannock

WS11 5XY

Telephone: 01543 576411

Where can I get more information?

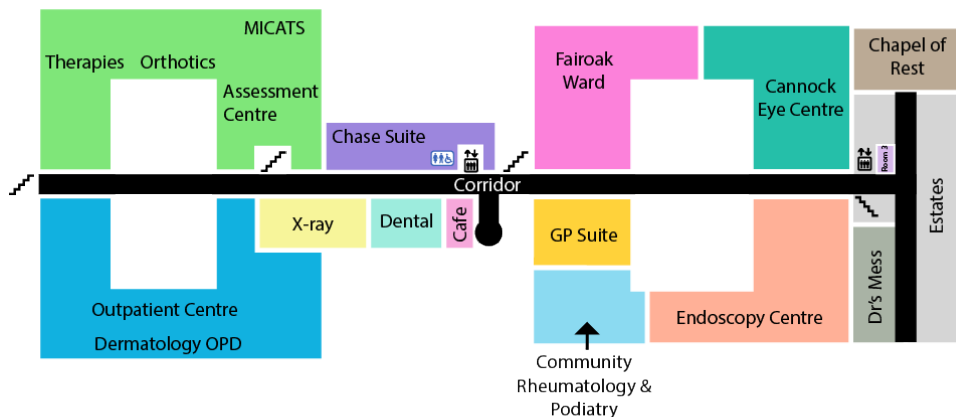
MS Society

Tel: 020 8438 0700

www.mssociety.org.uk

The Royal Wolverhampton NHS Trust cannot accept responsibility for information provided by external organisations.

Cannock Hospital Level 2



English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。