Fatigue: Take Control:
A VA Multi-Center Randomized Controlled Trial

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- Background: Fatigue occurs in 75-95% of people with multiple sclerosis (MS) and is often reported as the most disabling symptom. In 1998 the MS Council for Clinical Practice Guidelines published Fatigue and MS (1) recommending comprehensive treatment for fatigue. The widely distributed guideline does not include an implementation program. A formal group program Fatigue: Take Control (2) was created to implement the recommendations.

- Objectives: To determine if Fatigue: Take Control improves fatigue in MS subjects more than a control general education program on MS to be called MS: Take Control.

- Methods: This will be a single blind randomized controlled two-arm trial comparing Fatigue: Take Control with MS: Take Control.

- Results: The VA RR&D Research Service recently funded this study and we will commence enrollment in the fall of 2012.

- Conclusions: Currently there are few symptomatic therapies for people with MS. Demonstrating that any new treatment for fatigue in MS is effective would be a significant innovation that would improve fatigue and its associated limitations. Fatigue: Take Control is available at all VAMC and all NMSS chapters so results could be rapidly applied to clinical and community practice.