AOTA Conference Short Course (SC 208)

Innovative, Evidenced-Based Strategies to Improve Occupational Performance in Persons With Multiple Sclerosis

Friday, April 8, 2016, 8:00 AM - 9:30 AM

Goverover, Y., Finlayson, M., Kalina, J., & Peterson, E.

Learning objectives:

- Explain the scope and nature of five specific threats to the occupational performance of people with MS: falls, fatigue, cognitive impairment, depression, and loneliness.
- Identify key findings from high-quality, MS-specific studies pertaining to management of fall risk, fatigue, cognitive impairment, and loneliness.
- Provide examples how the aforementioned research findings can be translated into occupational therapy intervention strategies

Abstract synopsis:

This short course will describe a) the nature of five specific obstacles to the occupational performance of people with MS: falls, fatigue, cognitive impairment, depression, and loneliness; and b) how findings from relevant studies can inform occupational therapy intervention strategies

A treatment to improve self-efficacy and loneliness in persons with MS (Kalina)


Methods of fatigue management intervention (Finlayson)


Treatment to improve memory (Goverover)


Falls among People with MS: Evidence-based Intervention (Peterson)


