Suggest performing tasks in the morning hours. *Biorhythm studies indicate that people usually have greater energy reserves in the morning hours and diminished reserves in the afternoon.*

Advise to avoid temperature extremes, such as hot showers or exposure to cold. *Maintaining a relatively constant body temperature may avoid exacerbation of the disorder. Heat can delay impulse transmission across demyelinated nerves, which contributes to fatigue.*

Refer to the appropriate professionals to manage fatigue: stress management groups, support groups, occupational or physical therapist, as indicated. *Support groups and therapy can facilitate self-management and improve coping.*

**Self-Care Deficit**

Clients with MS may need assistance with bathing, toileting, dressing, grooming, and feeding. The help needed can range from minimal guidance to total dependence. The client’s ability to perform self-care activities is the gauge by which family members and caregivers need to adjust assistance. Self-care encompasses both the decisions about care and the provision of care; most clients are capable of making decisions even after physical limitations prevent physical self-care. The need to maintain self-determination cannot be overemphasized and must be incorporated into each intervention. As the client with MS ages, there may be even more need for teaching to provide self-care, as described in the Nursing Research box on the next page.