

Exercise Therapy and Cognitive Behavioural Therapy in Postpoliomyelitis Syndrome: The FACTS-2-PPS study

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BACKGROUND

- Severe fatigue and, consequently, deterioration in functional activities are frequently reported in PPS.
- Rehabilitation management is the mainstay of treatment. However, evidence on the effectiveness of treatment is scarce.
- Two different therapeutic interventions aimed to reduce fatigue may be prescribed: (1) Exercise Therapy (ET) or (2) Cognitive Behavioural Therapy (CBT).

OBJECTIVES

1. To study the effect of ET and CBT for reducing fatigue and improving activities and quality of life in patients with PPS.
2. To investigate the working mechanisms of both treatment modalities.
3. To identify generic and disease-specific determinants of effects.

Exercise Therapy



- Aim: improve physical capacity
- Protocol: home-based individual aerobic training program - 3x /week and a supervised group training program in a rehabilitation centre with muscle strengthening and functional exercises - 1x /week
- Duration: 16 weeks

Cognitive Behavioural Therapy



- Aim: change perpetuating factors for fatigue
- Protocol: treatment of possible perpetuating factors for fatigue, using individualized treatment modules. Within each module, the therapy is standardized - 1 x /week
- Duration: 16 weeks

METHODS

- Design: multi-centre, single-blinded RCT
- Recruitment: 81 persons with PPS from different hospitals and their affiliate rehabilitation centres in the Netherlands
- Randomization: to one of three groups i.e. (1) ET + usual care, (2) CBT + usual care, (3) usual care
- Primary outcome measures: fatigue (CIS; domain: fatigue), activities (SIP-68), quality of life (SF-36)
- Measurements: at baseline, immediately post-intervention and at 3- and 6-months follow-up

RESULTS

- Currently, 49 patients (19 males; 30 females) are included in the study. Twenty-five of them have already finished the study.
- We hypothesize that ET and CBT are both effective in reducing fatigue, and improving activities and quality of life in persons with PPS, compared to usual care. Symptoms of fatigue will be reduced through a restored balance between patients' capacities and performance.

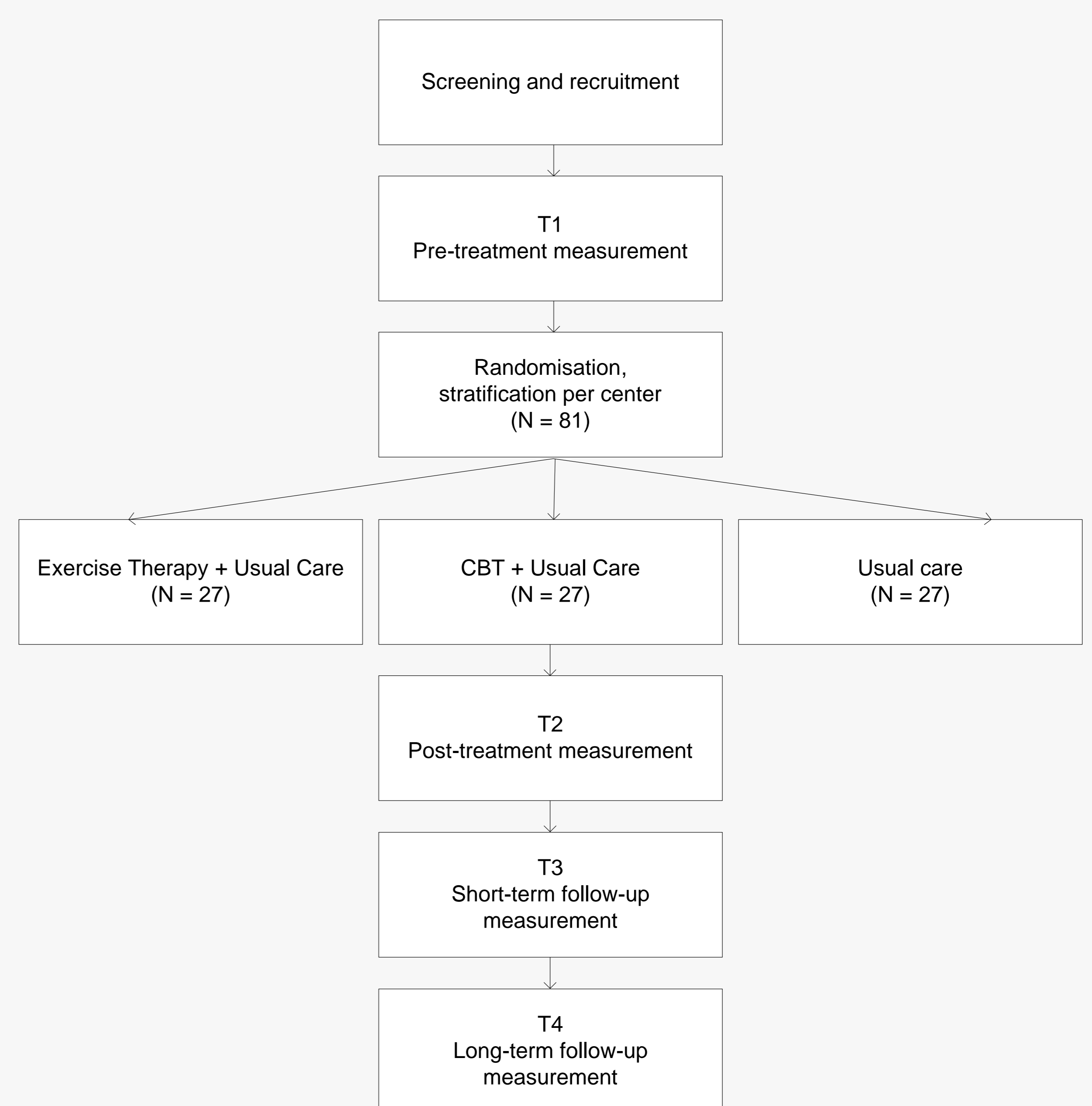


Figure 1 Study design

CONCLUSIONS

This study will generate new evidence for the rehabilitation treatment of patients with PPS aimed at reducing fatigue and improving functioning in their daily life situation.