

SUPSI

Innovating OT Practice for People with Fatigue in Switzerland

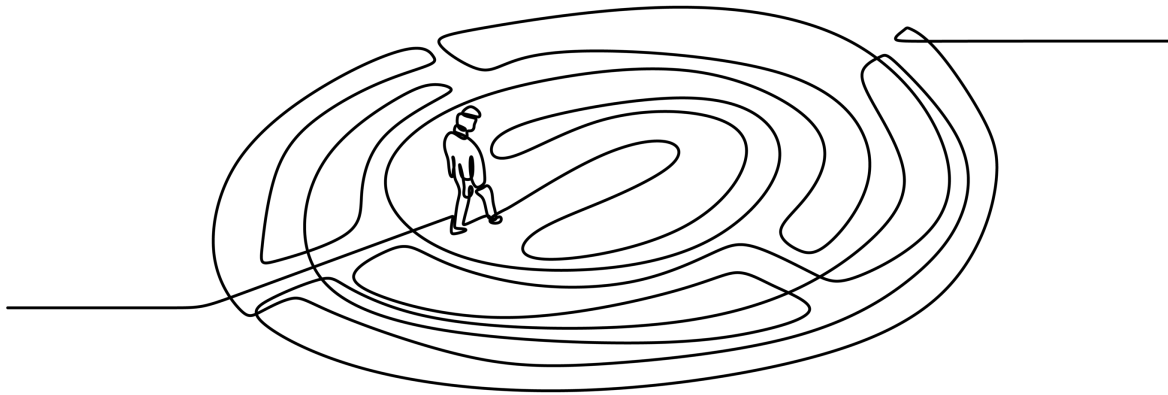
through Knowledge Building, and Transfer, Implementation
Support, and Community Involvement

Ruth Hersche and Andrea Weise
Researchers 2rLab

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Introduction: Fatigue — why it matters



by Berkahlineart

- common across many chronic diseases
- often severe and disabling.
- remains poorly understood
- lacks effective causal treatments
- often overlooked in care
- daily impact is underestimated
- changes routines and limits meaningful activities.

OT Practice for Individuals with Fatigue before 2017 in Switzerland



- ❖ Impact not fully recognized
- ❖ No evidence-based self-management education in standard OT care
- ❖ Difficult to transfer to Swiss practice
- ❖ Impact of fatigue not addressed in OT treatment



Ponte dei salti Lavertezzo, Switzerland

Overall aim

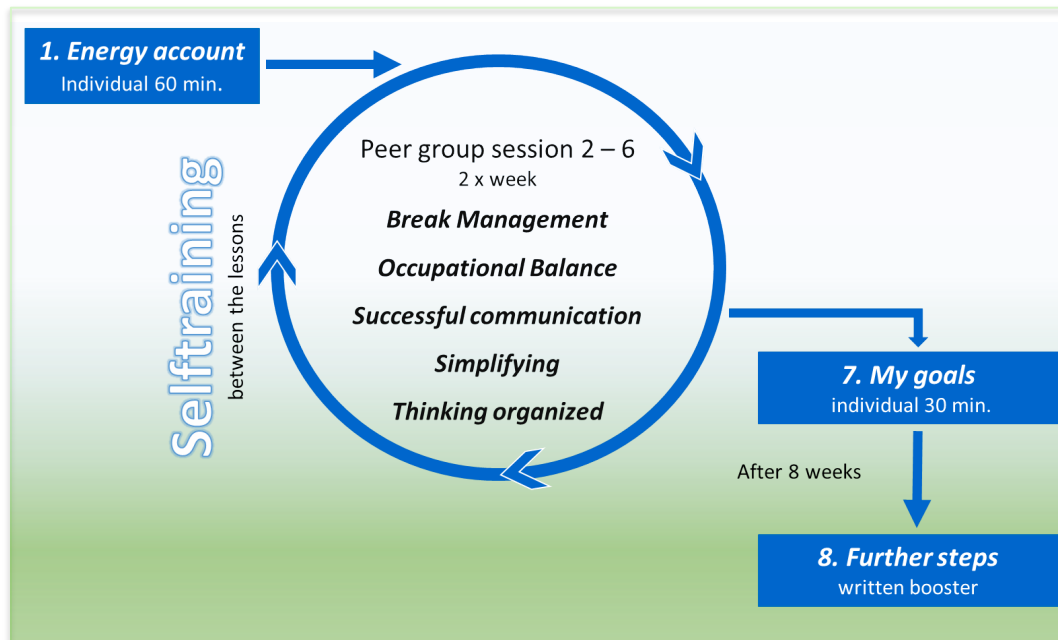
innovate occupational therapy practice for people living with fatigue in Switzerland — by making it evidence-based and standardized, ensuring high-quality and easily accessible services, and by fostering a new community of shared knowledge.

2016-2018 Knowledge building

Development of the Energy Management Education (EME)

- **Materials:** manual & workbook

3-week inpatient Version



- **Pilot study** with people with MS-fatigue
Focus groups with person with clients and delivering OTs
Positive feedback → Improvement of materials

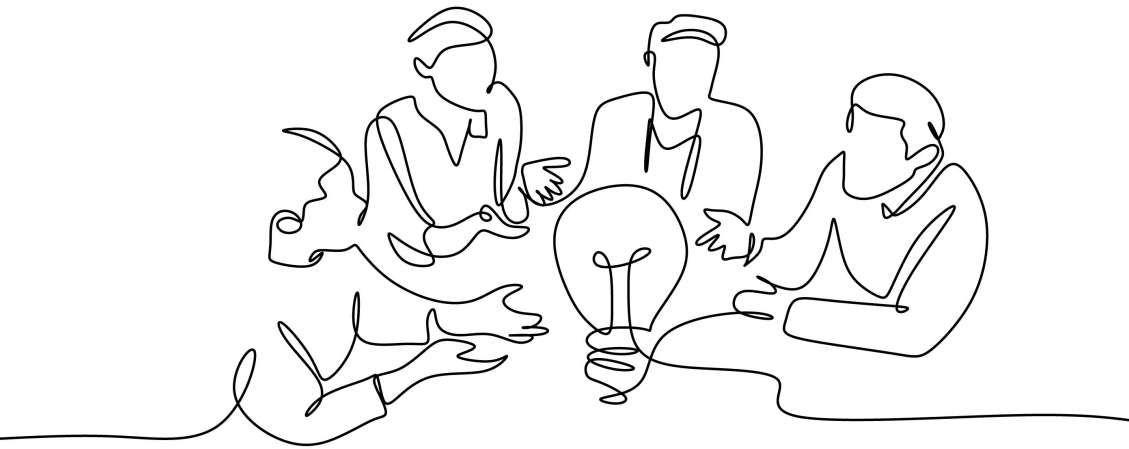
→ **Feasibility study** (RCT, n = 47)
Positive results: self-efficacy, ADL competence, quality of life.

Hersche R, Weise A, Michel G, Kesselring J, Barbero M, Kool J. Development and Preliminary Evaluation of a 3-Week Inpatient Energy Management Education Program for People with Multiple Sclerosis-Related Fatigue. *Int J MS Care*. 2019

Hersche R, Weise A, Michel G, Kesselring J, Bella SD, Barbero M, Kool J. Three-week inpatient energy management education (IEME) for persons with multiple sclerosis-related fatigue: Feasibility of a randomized clinical trial. *Mult Scler Relat Disord*. 2019

2018-2019 Knowledge transfer from research into practice

- Development of an **outpatient group version** (based on inpatient program)
- **Adaptation** into a **diagnose-independent version** for mixed diagnose groups
- **Translation and adaptation** of all materials into **Italian & French**.



by Berkahlineart

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Development of a 2-day OT training course to:

- **strengthen knowledge** about fatigue
- introduce the **self-management education** approach
- **build competence** in delivering the EME program
- **support implementation** in local clinical settings
- > 100 OTs trained across Switzerland and abroad

2020 Implementation and broadening of the knowledge base

- **First stable implementation of EME groups** in Switzerland (inpatient and outpatient).
- Web-platform with information for OTs, clients, and health professionals
- **Feasibility study with people after cancer**
Aim: assess suitability of content and identify needed adaptations
Methods: qualitative
Results: positive with some recommendations
- **RCT with people with MS** (n = 106).
Results: ↑ self-efficacy, ↑ number of strategies used.



Contents lists available at [ScienceDirect](#)

Multiple Sclerosis and Related Disorders

journal homepage: www.elsevier.com/locate/msard

Clinical trial

Effects of inpatient energy management education and high-intensity interval training on health-related quality of life in persons with multiple sclerosis: A randomized controlled superiority trial with six-month follow-up



Nadine Patt^{a,b,*}, Marie Kupjetz^c, Jan Kool^a, Ruth Hersche^d, Max Oberste^e, Niklas Joisten^c, Roman Gonzenbach^a, Claudio Renato Nigg^{b,f}, Philipp Zimmer^{c,1}, Jens Bansi^{a,g,1}

2021 Knowledge transfer from practice → research → back to practice

- **Experience ex-change** with OTs using EME materials during **COVID-19**
 - Online focus group discussions
 - Recommendations to adapt EME to specific needs of this population
- **Feasibility study with Long-COVID patients**
 - Qualitative methods and pre-post design
 - Positive results

Research Article

Occupational Therapy-Based Energy Management Education in People with Post-COVID-19 Condition-Related Fatigue: Results from a Focus Group Discussion

Ruth Hersche  and Andrea Weise 

Rehabilitation Research Laboratory 2rLab, Department of Business Economics, Health and Social Care, University of Applied Sciences and Arts of Southern Switzerland, Manno/Landquart, Switzerland



Occupational therapy-based self-management education in persons with post-COVID-19 condition related fatigue: a feasibility study with a pre-post design

Ruth Hersche, Andrea Weise, Beate Hummel & Marco Barbero

2022-23 Implementation support & Community building

- **Community of practice activities**
 - Four Newsletter per year
 - Regular community meetings
 - > 300 OTs trained in delivering EME

- **Support of colleagues in disseminating EME**
 - conference presentations, institutional projects, publications, BSc & MSc theses

- **Total revision of the materials - Version 4.0**

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Participation in the working group for **Long-COVID treatment guidelines**



2024 -25

Community Involvement, knowledge building & transfer

**Energie Management Education for persons with Long COVID Fatigue**

Funded by the SNSF;

Clinical practice partners: **USZ, INSEL, REHAB, Long Covid Switzerland**

Aims:

- evaluate whether adding EME to standard care improves outcome
- explore factors influencing long-term behavior change in daily routines
- perform a cost-effectiveness analysis of EME

Two-parallel arms target trial emulation study

Hersche R, Weise A, Riggi E, Di Tanna GL, Barbero M. Energy management education for persons living with long COVID-related fatigue (EMERGE): protocol of a two-parallel arms target trial emulation study in a multicentre outpatient intervention setting with an online control group register. *BMJ Open*. 2025 Feb 7;15(2)

Overall Results



Evidence-based protocols and materials



Knowledge, Competence
Confidence



Strengthening OT
identity



OT role supported
by evidence



Recognition of OT expertise
by other professional groups

OT in Switzerland today

A large number of colorful hot air balloons are rising from a green field under a blue sky. The balloons are in various colors and patterns, including red, blue, yellow, green, and checkered. The scene is set in a rural landscape with trees and a clear horizon.

Thank you

What made this possible
mutual cooperation - shared responsibility - conscious pooling of available resources