

Pacing Information

Pacing is a new paradigm or idea to prevent crashing and begin healing with ME. The idea is to put your body's needs first before doing what your brain wants you to do. Start pacing using the provided activity logs and functional capacity scale to record activities, energy number (from the Functional Capacity Scale) and rest periods hourly on the activity log provided to stop crashing and start improving your energy. Energy is used physically, mentally, and emotionally.

Use the following process:

Close your eyes and ask yourself the following questions.

#1 Question - Body in this moment, what do I need?

#2 Answer- Activity or Rest.

#3 Example Rest - How many minutes do I need to rest? Scroll through ten times table until number resonates in your body as correct. Example 20 minutes rest.

#4 Set the alarm on your phone for 20 minutes.

#5 When the alarm rings stop resting.

#6 Repeat the process and begin again at #1 and ask your body how many minutes can I do an activity? e.g. walk.

Record in Activity Log using the Functional Capacity Scale.

In each square on the activity log enter 1 word that describes the activity or rest plus an energy number from the functional capacity scale. This will help to improve your energy and to prevent you from crashing and developing a relapse of your symptoms from hours to days.

Teach yourself to meditate during your rest periods or when you are lying in your bed at night trying to sleep. This will increase your parasympathetic tone in your body and help your body to heal by turning down the fight or flight response from your sympathetic nervous system. Use an online app such as Calm. Dr. Herbert Benson's book *The Relaxation Response* details the scientific explanation and gives you the reasons that meditation works.

Meditation will help to improve your energy and prevent you from crashing and having a relapse of your symptoms that lasts hours to days when you crash. Crashing stresses your body and your immune system and can reactivate your own internal viruses so you feel sicker.

Bring your activity logs to your next visit to review or fax them to 954-262-3850.

FUNCTIONAL CAPACITY SCALE: Post on refrigerator for family to see.

The Functional Capacity Scale incorporates energy rating, symptom severity, and activity level. The description after each scale number should help you to rate your functional capacity every hour of each day.

0 = No energy, severe symptoms including very poor concentration; bed ridden all day; cannot do self-care (e.g. need bed bath to be given).

1 = Severe symptoms at rest, including very poor concentration; in bed most of the day; need assistance with self-care activities (bathing).

2 = Severe symptoms at rest, including poor concentration; frequent rests or naps; need some assistance with limited self-care activities.

3 = Moderate symptoms at rest, including poor concentration; need frequent rests or naps; can do

independent self-care but have severe post exertion fatigue.

4 = Moderate symptoms at rest, including some difficulty concentrating; need frequent rests throughout the day; can do independent self-care and limited activities of daily living (e.g. light housework, laundry); can walk for a few minutes per day.

5 = Mild symptoms at rest with fairly good concentration for short periods (15 minutes); need a.m. and p.m. rest; can do independent self-care and moderate activities of daily living but have slight post exertion fatigue; can walk 10-20 minutes per day.

6 = Mild or no symptoms at rest with fairly good concentration for up to 45 minutes, cannot multitask; need afternoon rest; can do most activities of daily living except vacuuming; can walk 20-30 minutes per day; can do volunteer work - maximum total time 4 hours per week, with flexible hours.

7 = Mild or no symptoms at rest with good concentration for up to ½ day; can do more intense activities of daily living (e.g. grocery shopping, vacuuming) but may get post exertion fatigue if 'overdo': can walk 30 minutes per day; can work limited hours, less than 25 hours per week; no or minimal social life.

8 = Mild intermittent symptoms with good concentration; can do full self-care, work 40 hours per week, enjoy a social life, do moderate vigorous exercise three times per week.

9 = No symptoms with very good concentration, full work and social life; can do vigorous exercise three to five times a week.

10 = No symptoms, excellent concentration, over achiever (sometimes may require less sleep than average person).

NUMBER OF USABLE HOURS / DAY = Number of hours NOT asleep or resting/meditating with eyes closed.

Dr. Alison Bested © Please use this scale with your patients.

Dr. Lynn Marshall

Please watch Dr. Alison Bested's Pacing Video - ME/CFS Broward Support Group to help you understand what I mean by pacing your activities and rest periods to avoid crashing.

[ME/CFS Broward Support Group Pacing](#)

Or

https://sharkmedia.nova.edu/media/ME+CFS+Broward+Support+Group+Pacing/1_cvf20ard?pk_vid=a46ff2363819e01f163104141071ef77

INIM website link is <https://www.nova.edu/nim/index.html>

Book: Hope and Help for Chronic Fatigue Syndrome and Fibromyalgia - written in everyday language. ME/CFS Clinical Working Case Definition, Diagnostic and Treatment Protocols (Canadian Consensus Definition) Link:

<http://www.mereseach.org.uk/wp-content/uploads/2012/11/2003-Carruthers-Canadian-Definition-JCFS.pdf>

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