

# Spring 2023 Newsletter

Happy spring (or autumn to our members in the southern hemisphere)! We want to start off this newsletter by welcoming all of our new members. We are so thrilled that the Think Self-Management community is growing. We are excited to share all that we have been up to these last few months. We also have a few exciting pieces of news... the **Swedish translation of the Packer Managing Fatigue Program is launching in June**, and the **English version of the Individual Protocol will be published this summer!**

Sincerely,  
Tanya and Michelle

## PMFP Individual Program Coming Soon!

Following the launch of the 2nd edition of the Packer Managing Fatigue Program group protocol, we have been hard at work finalizing the individual protocol for publications. The individual protocol is specifically designed for delivery by occupational therapists in a one-on-one setting. This evidence-based protocol can be delivered virtually and in-person and includes manuals for both the client and therapist.

Keep your eyes peeled this summer for the official launch of the PMFP Individual Program.

## Networking Events

Over the last two months we have had the honour of sharing our work at two exciting networking events; The Center for Aging and Brain Health Innovation Virtual Summit and the Nova Scotia Society of Occupational Therapists eOTo series!

**NSSOT eOTo Series:** You may not know this, but Think Self-Management was created and founded in Nova Scotia, Canada. As such, we were thrilled to be able to participate in the NSSOT's each-one-teach-one series. We met so many wonderful Nova Scotian OTs while we explored the basics of the Packer Managing Fatigue Program.

**CABHI Summit:** The Center for Aging and Brain Health Innovation aims to accelerate the development and dissemination of solutions to support aging and brain health. Their 2023 summit was an amazing way to share Think Self-Management with key players in the world of research and innovation, and we were learned so much from the other presenters about how the aging experience can be reimaged.

## OT Spotlight



This newsletter we are shining a spotlight on one of our dear colleagues in **Sweden, Dr. Eva Månsson Lexell.**

Eva is currently the principle investigator for two projects utilizing the Packer Managing Fatigue Program with people with MS and late effects from polio (PPS).

Eva has been instrumental to the development, translation, and dissemination of the PMFP in Sweden.

Without Eva's dedication and hard work, we would not be able to share this next BIG announcement...

**The Packer Managing Fatigue Program will officially be available in Swedish this coming June!**



## News, Events, & Articles of Interest

An interesting article scoping review was recently published in the Hong Kong Journal of Occupational Therapy. If you'd like to learn more about energy conservation, we'd recommend reading it!

- Omura, K., Augusto de Araujo Costa Folha, O., Moreira, P., Bittencourt, E., Seabra, A., & Cardoso, M. (2022). Energy conservation, minimum steps, and adaptations when needed: A scoping review. *Hong Kong Journal of Occupational Therapy*, 35(2), 125-136. doi: 10.1177/15691861221137223