

BACHELOR THESIS ABSTRACT

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Title: The Structure of the Day and Management of Activities of Daily Living in Person with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome

Abstract:

The bachelor's thesis is theoretical and practical. It summarizes basic information about chronic fatigue syndrome/myalgic encephalomyelitis (CFS/ME) and the potential use of occupational therapy for individuals with this condition. The theoretical part discusses the complexity and intricacies of the disease, its symptoms, unclear etiology, treatment options, and the specific application of assessment tools in occupational therapy.

The aim of the practical part is to create a proposal for the distribution of daily activities and compensatory strategies to manage daily tasks in relation to increased fatigue for individuals with CFS. Three case studies were processed, summarizing basic information about the patients, findings from the Activity Log tool, and their daily structure, including the level of fatigue associated with each activity. Additionally, a relapse prevention questionnaire and an early warning signs plan, as well as the standardized WHODAS 2.0 tool, were used to evaluate disability and its impact on quality of life. Recommendations and a proposed daily structure were created for the patients. The examination results show the diversity of daily structures for each patient, depending on the current course of the disease. Based on the information obtained from the professional literature and the processed case studies, a proposal for the distribution of daily activities and compensatory strategies for managing daily tasks for individuals with CFS was created in the form of a brochure, along with a summary guide for therapists working with individuals with CFS.

Key words: Chronic Fatigue Syndrome, Myalgic Encephalomyelitis, occupational therapy, management, structure of day