

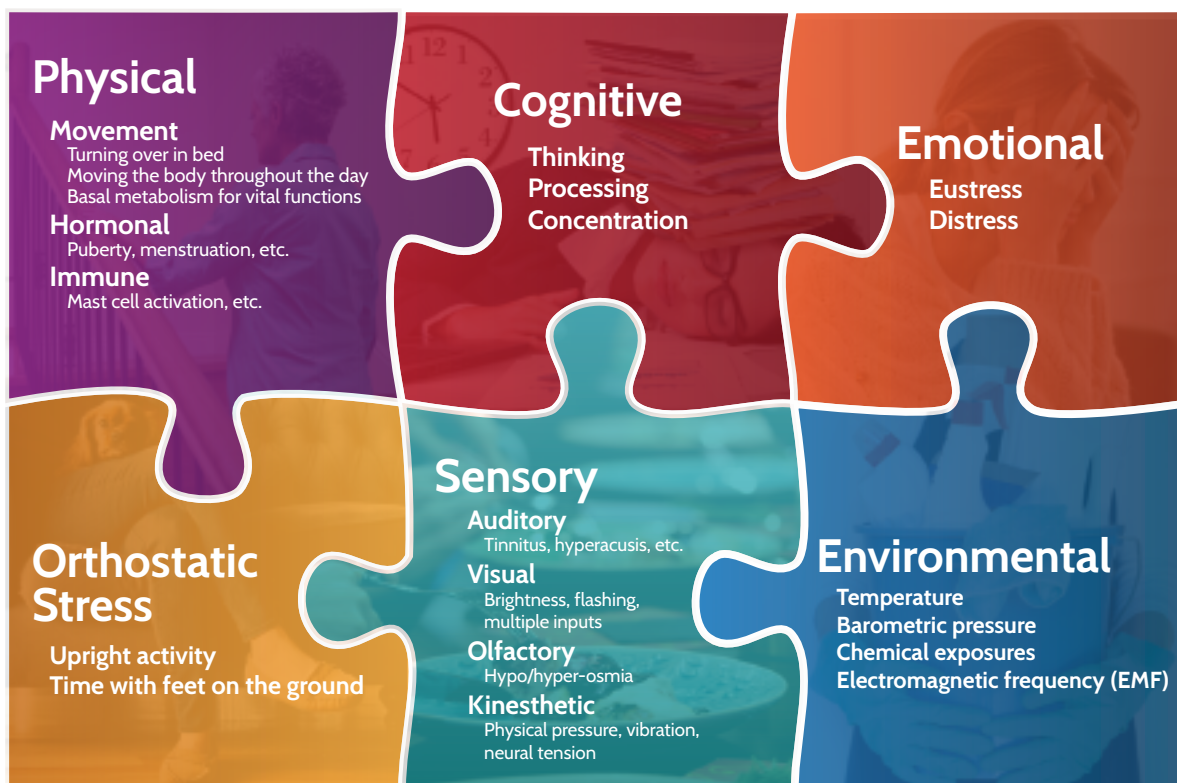
PUSH/CRASH CYCLE AND TRIGGERS IN ME/CFS & LONG COVID (LC)

Understanding the Energy Envelope and Pacing during the Push/Crash Cycle

- The energy envelope for PEM/PESE is the balance between rest and exertion that requires intentional management (pacing) over time.
- There are three kinds of pacing for energy management
 - Pacing for those with intact metabolic function without significant health issues
 - Pacing for those with intact metabolic function with health issues such as a surgical procedure, injury, etc.
 - Pacing for those WITHOUT intact metabolic function and has PEM/PESE
- Each individual with ME/CFS and LC must learn their energy envelope and the triggers that contribute to their hourly and daily fluctuations.
- Energy envelope capacity and the PEM/PESE triggers vary greatly between mild and very severe individuals.
- Providers need to be mindful that every interaction impacts an individual's energy envelope and may result in PEM/PESE.

PEM triggers

For some people, the simple act of changing a routine or a basic daily self-care task can trigger PEM/PESE in those with severe ME/CFS.



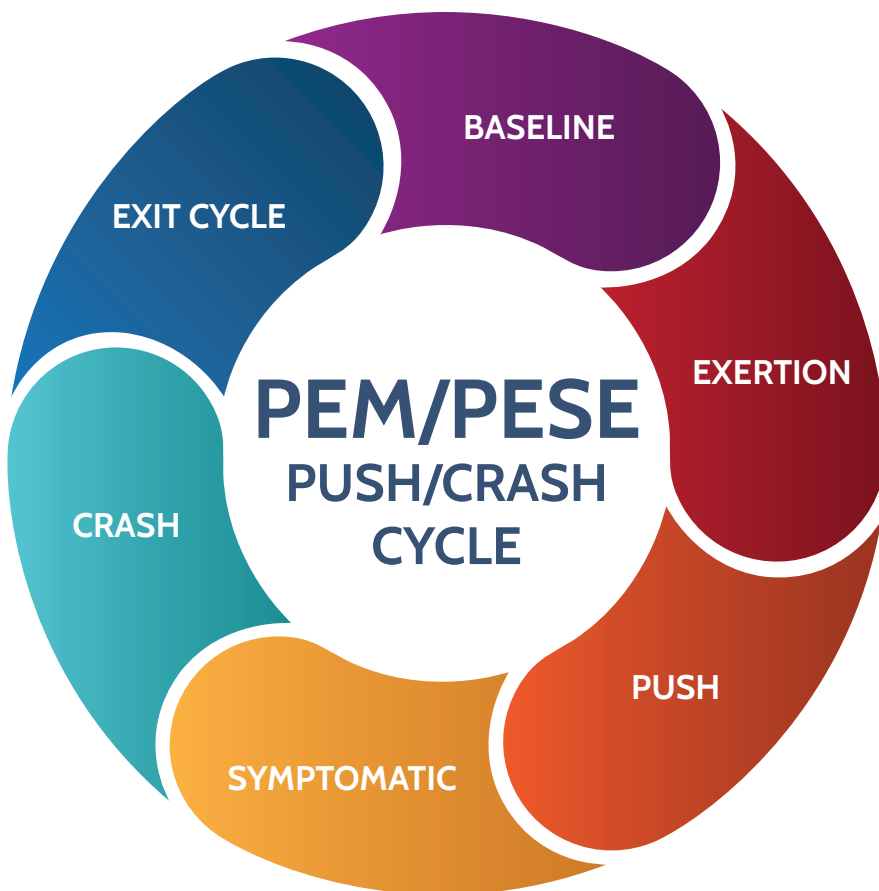
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Summary

It has been long recognized by clinical providers who treat ME/CFS that continued and repeated episodes of PEM within any one individual appear to be associated with a worsened long-term functional prognosis.

Key Takeaway:

AVOID pushing clients into PEM/PESE.



Baseline

- Daily function within disease limits

Exertion

- Dependent on disease severity
- Within energy envelope
- Within learned exertion limits

Push

- Trial & error to learn how far is safe
- Err on the side of caution
- Elusive & ever-changing limits

Symptomatic

- Flu-like symptoms
- Cognitive
- Sensory
- Insomnia
- Headaches
- Orthostatic Intolerance

Crash

- Restricted iADL, ADL, mobility
- Forced to limit stimulation
- Often bed tethered
- Plan cancellations
- Higher caregiver assistance

Exit Cycle

- Return to baseline
VS
New, more restricted baseline