Myasthenia Gravis:  
The Battle of Fatigue and Energy Conservation Guidelines

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**Purpose:** To increase the understanding of the fatigability associated with myasthenia gravis and provide strategies that will increase achievement of maximal function, prevent injuries and complications, thereby promoting quality of life.

**Objectives:**

The participant will be able to:

1. Explain the autoimmune mechanisms associated with acquired Myasthenia Gravis.

2. Compare normal fatigue to the characteristic muscle weakness and fatigability of Myasthenia Gravis.

3. Discuss the factors that influence activity intolerance and increase the risk of injury.

4. Discuss the self-care interventions and strategies to combat muscle fatigue in the home, at work, and in the community settings.

**References:**


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| 10      | 1. Pathophysiology  
|         | a. Neuromuscular Transmission  
|         | b. Autoimmune Processes  
|         | 1) Antibodies - Acetylcholine receptor, Anti-MuSK and other antibodies  
|         | 2) IgG and Complement activity  
|         | c. Thymus Gland  
| 10      | 2. Normal Fatigue  
|         | 3. Fatigue of myasthenia gravis  
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|         | b. Fluctuation and variability  
|         | c. Activity and rest  
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| 15      | 5. Common causes of injury  
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| 15      | 7. Energy Conservation Strategies  
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| 10      | 8. Injury Prevention  
| 10      | 9. Questions & Discussion  

Audiovisual Requirements: Power Point Projection