

# FATIGUE MANAGEMENT

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# Fatigue

- Extreme tiredness and lack of energy that doesn't go away with rest or sleep
- Common and distressing symptom of cancer and cancer related treatment
- Everyone experiences fatigue differently, it may last a few weeks and get better when treatment finishes but for some it may last much longer
- Fatigue can be very frustrating and can affect all aspects of your daily life



# The effects of fatigue

**Patients may struggle to :**

- \* complete daily activities
- \* enjoy life
- \* socialise

**They may also feel:**

**irritated, bored, demotivated, have difficulty concentrating, feel emotional and frustrated**



# We can help!

- \* EDUCATION
- \* ACKNOWLEDGEMENT AND REASSURANCE
- \* PRACTICAL TIPS
- \* REFERRAL TO OTHER SERVICES



# Advice for your patients

## Managing fatigue



- \* Exercise
- \* Balance between activity and rest
- \* Frequent short rest periods
- \* Stop before you get overtired
- \* Pace yourself



# Advice for your patients

# Sleep

- Don't exercise late in the evening
- Limit the amount of alcohol and drinks containing caffeine
- Limit the number of daytime naps
- Try to go to bed and get up at the same time each day
- Do something relaxing before bedtime.
- Avoid using screens (for example, watching TV or using your mobile phone) before bed
- Make sure your bedroom is quiet, dark and a comfortable temperature
- If you can't get to sleep or if you wake up in the night, try to get up rather than lying in bed. Read or listen to the radio until you start to feel tired
- **RELAXATION**

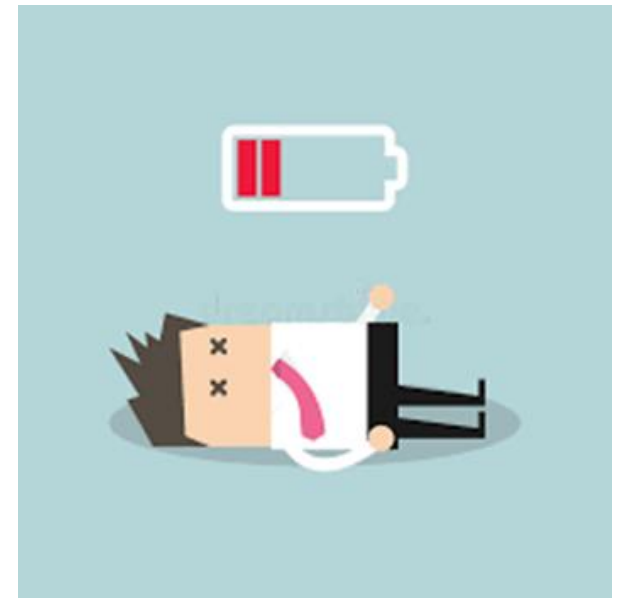


# Advice for your patients

## Energy conservation

Using the least amount of energy in the most efficient way

- simplify the task
- eliminate unnecessary activities
- change the way you do things (Sit down for activities , this reduces energy use by 25%)
- change your environment



# Advice for your patients

# Environment

- \* Use labour-saving devices (electric tooth brush, microwave)
- \* Think about position and posture (sit in a comfortable chair with a high back)
- \* Use adaptive equipment (getting up from higher furniture is always easier)
- \* Reorganise frequently used items (duplicates, easy access)
- \* Avoid using stairs





# Advice for your patients

## Adaptive equipment



Advice for your patients

# Planning

- Use a fatigue diary
- Prioritise (identify which activities are most important to you)
- Spread your tasks throughout the week
- Protected time



# Advice for your patients

## Asking for help

- Communicate and be honest
- Delegate tasks (are family or friends able to offer support?)
- Professional help



# Occupational Therapy

- \* Advice regarding the adaptation of your patient's home environment
- \* Provision of adaptive equipment
- \* Help in setting realistic and achievable goals
- \* Individual fatigue management plan

PHYSIOTHERAPY!

# Thank you

