Fatigue Management

Sara Hennessy
Palliative Occupational Therapist
4th June 2019

What is Fatigue?

- * Extreme and persistent tiredness, weakness or exhaustion Physically and/or mentally.
- * Can affect all areas of your life, impacting on activities of daily living., relationships and social events.
- * It is subjective and a complex symptom.
- * Cancer related fatigue isn't relieved by rest or sleep.

Fatigue is an Significant Symptom

Cancer Fatigue

- One of the most common side affects, for patients with Cancer (Ahlberg at al 2003, Stone & Minton 2008).
- Most severe and distressing symptom (Winningham et al 1994, Pepper et al 1993).
- Chemotherapy, radiotherapy & biological therapy can contribute to.

Non-Cancer Fatigue

- * Mental health needsdepression, stress and anxiety.
- * Medical conditions- Multiple Sclerosis, Motor Neuron Disease, Parkinson's disease, Heart failure, Renal failure and Respiratory diseases.

Factors in cancer related fatigue

- * Extra energy to repair & heal body tissue
- * Build up of toxic substances from cancer treatments
- * Effects of therapy on the immune system.
- * Changes in sleep/wake cycles.
- * Fatigue in some Cancers, when not receiving treatment.

Considerations

- * Anaemia possible bleed
- * Infection acute illness
- * Dehydration & nutrition
- * Pain, nausea, sleep, depression
- * Medication

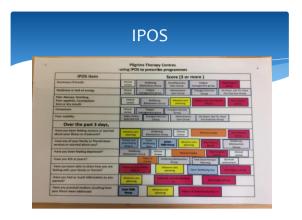


Occupational Therapy: Our Approach with Fatigue Management

- Educate and inform
- Develop self awareness e triggers
- Support behavioural change and adjustment
- Enable coping strategies
- Utilise carer / peer support

Referral for Fatigue Management

- * Palliative diagnosis, referred to Hospice
- * Any one who says they are experiencing fatigue.
- * Willing to attend 3 sessions / Able to participate in 1:1
- * Able to attend at the hospice for the sessions (own transport or volunteer car).
- * Able to cope cognitively and behaviourally
- * IPOS identify needs



Fatigue Management Group

- * 3 Sessions for one hour each.
- * Tuesdays 12-1pm
- * Facilitated by OT and OTA
- * Opportunity to learn from others
- * Gain ideas and coping strategies
- * Practice relaxation & visualisation

Fatigue Management Principles

- Activity management; 5 P's and 4 D's
- Energy conservation posture, modification
- Lead a healthy lifestyle, sleeping well and taking
- Awareness of thoughts and feelings
- Take frequent rests, and relaxation (body and



Using Energy Effectively

The 5 P's

- * Plan
- * Prioritise
- * Pace
- * Posture
- * Permission

- The 4 D's
- * Dump * Delay
- * Do
- * Delegate

How to refer?

- * Emis Linked episode For Occupational Therapy
- * Reasoning why?
- * Is the person aware of the completed referral?
- * Awareness of individual communication needs
- * Could discuss with OT Team too!

Relaxation ~ Sophrology Session



Thoughts?

