

# Fatigue Management



**Northern  
Ireland  
Hospice**



## **What is Fatigue?**

Fatigue is a feeling of extreme tiredness and lack of energy and can be described as paralysing. Common signs of fatigue include; lack of energy, sleeping problems, difficulty completing simple tasks, loss of interest in doing things you usually enjoy and finding it hard to concentrate.

## **Managing your Fatigue**

You will experience times when you feel fatigued. Here is a list of general tips to help you conserve energy. The Occupational Therapist (OT) can give you further advice to help you manage your fatigue.

## **Some general tips:**

- Save your energy for activities that are most important to you.
- Prioritise tasks.
- Break tasks into manageable stages.
- Perform as many tasks as possible sitting down.
- Take regular rest periods.
- Stop before you get tired.
- Ask for help and delegate tasks.
- Plan your day and your week.
- Consider hobbies/interests that are less strenuous.
- Try to think positively, remember the things you can do, not the things you cannot do.

## Diary

It may be useful to keep a diary to monitor fatigue levels and help you plan your day, in doing tasks when energy is greatest.

## Sleeping

Try to go to bed and get up at the same time each day to ensure that you are not oversleeping. If you are having trouble sleeping, spend time relaxing before you go to bed - have a bath, read or listen to music.

## Nutrition

It is important to drink plenty of fluids and eat a well balanced diet to keep up your energy levels. Foods such as bread, potatoes and sweet things are full of energy.

## Equipment you may find useful at home

The OT can give you advice regarding certain equipment which may help you to conserve energy at home.

- Living room - Seating/pressure management.
- Bathroom - Perching stool, bath/shower seat, grab rails.

- Bedroom - Bed lever.
- Kitchen - Perching stool, kitchen trolley, cooking aids.
- Mobility - Walking aids/wheelchairs.

The OT can also provide a range of smaller aids that can help you with personal care needs for dressing, washing and feeding.

If you would like further information on fatigue management and relaxation please contact a member of the Hospice team who will be happy to make an appointment with the OT.

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to continue  
caring



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