

MANAGING FATIGUE

What is fatigue?

- Lack of energy or feeling very tired
- A feeling not made better by sleep
- Common feeling for hospice loved ones
- Might be a side effect of many sicknesses or medicines

What are the signs of fatigue?

- “Just too tired” to do things you usually do at home
- Not having enough energy to eat
- Sleepiness
- Not talking
- Depression
- Trouble thinking things through
- Trouble staying focused

What to report to your Hospice Alliance nurse?

- Anything listed above
- What makes the tiredness better or worse
- Worries about end of life or other feelings
- Not wanting to eat or eating very little
- Any symptoms that makes you feel like not wanting to do anything else

What can be done to improve low energy?

It may take many actions to help your feel better because fatigue is caused by many different things.

Things you may do:

- Keep a log of which time of day seems to be your best time
- Plan activities during your best times of the day
- Put off activities that are not needed
- Change your position and do not just stay in bed
- Use sunlight to remind your body to feel more active
- Let your loved ones assist you with daily activities such as eating, moving or bathing.
- Plan activities ahead of time
- Remind your family that you are not as able to be as active as you had been
- Listen to your body – rest when needed
- Set a regular bedtime and time to wake up every day
- Try to get continuous hours of sleep
- Plan rest times or naps during the day in late morning and mid afternoon
- Try not to sleep or nap later in the afternoon
- Ask if using oxygen when you sleep will help you to sleep better
- Try high protein food like milk shakes, ice cream or protein drinks

MANAGING FATIGUE (continued)

- Eat small meals but more often
- Ask about medicines to increase your appetite or decrease fatigue

If you have any questions, please call us at 262-652-4400