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## HNA Prompt Sheet: Fatigue

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Cancer related fatigue (CRF) is a common consequence of cancer and its treatment, and is likely to be multi-factorial. It can last from months to years and can have a serious impact on the person's quality of life. CRF is different from tiredness, in that it is not relieved by sleep and is often described as being overwhelming and affecting every aspect of the person's life.

### Have you considered?

- The role of exercise, which has a strong evidence base for improving CRF
- Providing information on pacing
- Referral to occupational therapy for detailed management strategy development
- The impact of insomnia/difficulty sleeping
- Whether depression or anxiety is contributing
- Whether poor nutrition or malabsorption is contributing
- Whether any prescribed medications are contributing

### Services which may be able to help

- Complementary therapies, e.g. those available at local support centres or hospices
- Occupational therapy
- Physiotherapy
- Psychological support services
- Macmillan information centre
- Exercise programmes via the GP, e.g. exercise on referral
- Dietetics
- Pharmacy

### Patient information

Macmillan Cancer Support:

<http://www.macmillan.org.uk/Cancerinformation/Livingwithandaftercancer/Symptomssideeffects/Fatigue/Fatigue.aspx>

<http://www.macmillan.org.uk/information-and-support/coping/complementary-therapies/types-complementary-therapies>

American Cancer Society:

<http://www.cancer.org/treatment/treatmentsandsideeffects/physicalsideeffects/fatigue/seven-ways-to-manage-cancer-related-fatigue>

MD Anderson Cancer Center: <http://www2.mdanderson.org/cancerwise/2013/07/cancer-related-fatigue-tips-for-cancer-patients-and-survivors.html>

National Sleep Foundation <https://sleepfoundation.org/insomnia/content/treatment>

### Want to know more?

<http://www.onlinecancereducationforum.com/OCEF/Managing%20Cancer%20Related%20Fatigue.pdf>