

Stroke Best Practice Spotlight

Post Stroke Fatigue: *frustrated & invisible*

Stroke Best Practice Spotlight Event

Presenters:

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Recording link:

https://youtu.be/9oURu_JQ1oI



Hosted by the Southwestern
Ontario & Central East Stroke
Networks

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CANADIAN STROKE BEST PRACTICE RECOMMENDATIONS

"Post-stroke fatigue is a common condition and can be experienced following a stroke at any point during the recovery process." It is important to remember that post-stroke fatigue:

- is often under-recognized
- does not necessarily correlate to the severity of the stroke &
- screening should be done at each transition point

Characteristics:

- overwhelming tiredness
- lack of energy to perform daily activities
- abnormal need for naps, rest or extended sleep
- more easily tired by daily activities than pre-stroke
- can recover or become persistent up to 3 years or more

TIPS

Remember the **4 P's** of energy conservation:

Prioritize

- determine what **NEEDS** to be done & eliminate unnecessary activities

Plan

- make a schedule of activities over the day and week
- allow time for daily exercise, rest & leisure activities
- alternate between heavy and light tasks
- spread out the hardest jobs to avoid overwork

Use the traffic light system to help with planning:



- 1 **RED** activity - more demanding in nature
- 2-3 **YELLOW** activities - hard activities that can be spread around the day/week for balance
- unlimited **GREEN** activities - meaningful activities that bring pleasure (i.e. arts/crafts, mindfulness)

Pacing

- rest before you feel tired and even in the middle of an activity
- recognize that it may take longer for you to accomplish a task as compared to before the stroke

Positioning

- sit as needed, use assistive devices when you can

Integrate the 4 P's into your treatment programs while educating your patients about them. Think about the stroke deficits that may impact the patient's ability to carry out the 4 P's on their own. Provide coaching and facilitate the process where needed.



Remember, this can take time and may require trial and error to get it right!



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RESOURCES for HEALTHCARE PROVIDERS

(click on the links below)

- [Summary of Selected Validated Screening & Assessment tools for Post-Stroke Fatigue \(CSBPR 2019 Update\)](#)
- [Examples of Specific Energy Conservation Strategies](#)
- [Stroke Engine - Fatigue](#)

PATIENT RESOURCES (click on the links below)

- [Your Stroke Journey](#) (pages 65-67)
- Video (17 min) - [Fatigue and sleep management after a stroke](#)
- [Post-stroke fatigue](#) (developed by Champlain Stroke Network)
- [Fatigue and tiredness](#) (Stroke Association)
- [Fatigue after Stroke](#) (Stroke Association)
- Self-Management video (9 min) - [Fatigue and Energy Conservation after Stroke](#)

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References: Canadian Stroke Best Practice Recommendations, Mood, Cognition and Fatigue following Stroke, Sixth Edition, 2019 UPDATE
<https://www.strokebestpractices.ca/recommendations/mood-cognition-and-fatigue-following-stroke/post-stroke-fatigue#p32-Management-of-Post-Stroke-Fatigue>