TOPIC:



- Fatigue is a feeling of tiredness or lack of energy
- One of the most common effects of stroke
- Signs are not always obvious
- Has a significant impact on everyday life



What you should know:

Fatigue after stroke:

- Can affect up to half of persons with stroke
- ✓ Often starts in the first few weeks; can happen at any point
- ✓ Is different from typical tiredness
- ✓ Does not always improve with rest
- ✓ May affect a person's quality of life and relationships
- Can be mistaken for depression



- Intensity of fatigue does not seem to be related to type or severity of stroke
- ✓ Factors that can impact fatigue:
 - Noisy or busy environments
 - Complex activities such as social events, bingo, etc.
 - Poor sleep or breathing problems while asleep (e.g. sleep apnea)

- Poor nutrition
- Pain
- Some medications
- Other medical conditions (e.g. thyroid problems)



Smart Tips:

Encourage & Support



- Encourage communication about level of fatigue
- Encourage any participation, even if only partially or for a short time

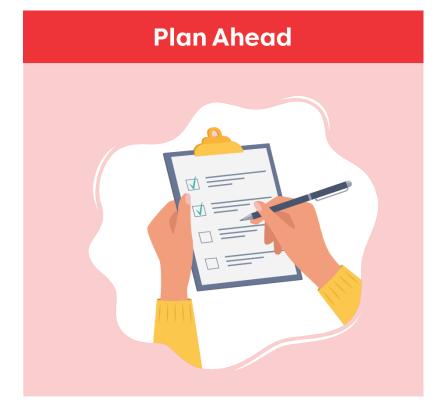


Promote Healthy Habits



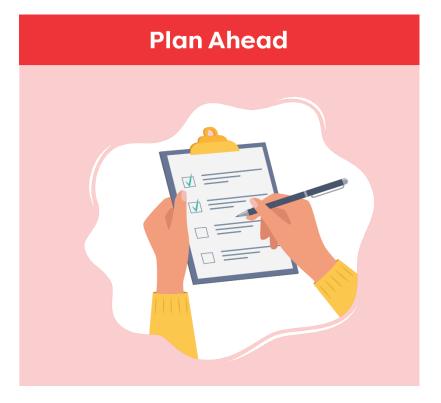
- Adequate sleep
- Nutrition
- Exercise





- Complete important activities first
- Do tasks in a way that uses less energy
- Organize the environment
- Plan activities for when the person will have the most energy
- Balance periods of activity and rest
- Plan extra time





- Do not push the person to do too much if they are having a 'better day'
- Everyone's level of fatigue will be different
- Fatigue can be unpredictable



Celebrate Success



- Highlight their successes in using strategies to manage their fatigue
- Focus on what they can do



Seek extra support

- Occupational Therapists and Physiotherapists can help with strategies
- ✓ Tell the team if you notice a change
- Seek medical advice for any conditions that may be contributing to fatigue

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