

TOPIC:

Fatigue After Stroke



Fatigue After Stroke



Smart Tips
for Stroke Care

- 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

Fatigue After Stroke



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

Fatigue After Stroke



- ✓ 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)

Fatigue After Stroke



Smart Tips:

Encourage & Support



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

Fatigue After Stroke



Promote Healthy Habits



- Adequate sleep
- Nutrition
- Exercise

Fatigue After Stroke



Plan Ahead



- 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

Fatigue After Stroke



Smart Tips
for Stroke Care

Plan Ahead



- 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

Fatigue After Stroke



Celebrate Success



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

Fatigue After Stroke



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

Smart Tips for Stroke Care (2023) was created by members of the Regional Stroke Networks of Ontario. This material may be shared without permission from the authors, without changes and with source credited.