

Managing Cancer-Related Fatigue Through Energy Conservation

Please note: For the most current recommendations and information, please consult your physician

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Otitolola G. Arterbery, MSN, RN, OCN
Research Nurse Specialist,
Department of Leukemia
The University of Texas
MD Anderson Cancer Center
Houston, Texas

Conserving your energy during the day can reduce fatigue. Below is a list of energy conserving tips that you can utilize throughout your daily activities.

- Plan ahead and organize your workload.
 - Planning ahead is very important, try to make lists and stick to them so that you can spread out your workload throughout the day.
- Prioritize your daily activities.
 - Place the things that are the most important at the top of your list so that these things get accomplished when you have the most energy.
- Delegate tasks to your loved ones that want to help.
 - Learn to accept help when offered. Your friends and family are happy to help, so let them!
- Plan activities that require more energy at the times of the day when you are most energetic.
 - Everyone has a particular time of day when they realize that they have more energy. If you know that your time of optimal energy is in the morning, then try to accomplish your most tedious tasks then and leave the easier things for when you usually have less energy.
- Consolidate errands.
 - Try not to go back and forth unnecessarily. Complete all tasks in one room first and then move to the other. Minimizing trips to and fro not only around the house but also when going out to shop will save a large amount of energy.
- Remember to pace yourself.
 - Trying to do too many things too fast will end in extreme exhaustion and then nothing will be accomplished. Make sure to take your time and only do as much as you are physically able to at that time, there is no need for haste.
- Take time for rest.
 - Resting when you are tired is very important. Do not work yourself to a state of complete exhaustion. Try to schedule rest periods throughout the day and stick to this schedule.
- When possible, complete your activities while sitting.
 - Many things can be accomplished sitting. Folding laundry, organizing papers, makings lists, etc., these are just a few examples of things that can be done sitting. Collect the things you need in a comfortable space and then work on them while expending less energy.
- Utilize assistive devices.
 - Walkers, scooters, and wheelchairs are some examples of assistive devices that can make your daily life less exhausting. A simple device such as a grabber can help you reach things that are out of your regular grasp and save you energy.
- Avoid heavy lifting.
 - lifting can make you feel extremely fatigued. Picking up children and other heavy things can drain you of a lot of energy.
- Relocate frequently used items to waist-level.
 - Keeping things at a level that does not require excessive stretching can save you a great deal of energy. Relocate items to a lower level so that you can avoid stretching to reach them.

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- Avoid labor intensive clothing.
 - Clothing may not seem labor intensive, but tiny buttons, snaps in the back, and heavy clothing can wear you out. Try to avoid clothing with multiple buttons or other closures that require you to bend uncomfortably for an extended period of time. Slip on shoes are also a good alternative so that you don't have to bend over too frequently.

References

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