



Fatigue following Subarachnoid Haemorrhage

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Life after Subarachnoid Haemorrhage

Brain and Spine Foundation

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Content of session

- What is post SAH fatigue?
- What strategies can be used to make the most of your available energy?



University College London Hospitals



NHS Foundation Trust

Fatigue

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Post SAH Fatigue

- Fatigue is very common in all neurological conditions
- 30-90% of people post SAH experience fatigue (Kutlubaeve, 2012)
- Fatigue is often an 'invisible symptom' and varies from person to person



Describing fatigue ...

"Fatigue leaves me feeling dulled and tired. I find it hard to concentrate and to absorb new ideas, and I'm often confused, searching for the right word, and forgetting things. My memory deteriorates dramatically when I get very tired"



Describing fatigue ...

"If I do too much, then I get tired ... if I am cleaning and continue for too long, then I get so tired that I have to go and sit down ... that is the way it is"

"I find the biggest problem about fatigue is that others don't understand it. I think it would be easier for people to understand if you were wearing a plaster cast"

Kirkevold et al, 2011



*"Oh, but you
look SO well"*



Tiredness vs Fatigue





Fatigue – Definitions

- Normal fatigue: 'A state of general tiredness that is a result of overexertion and can be ameliorated by rest'

(De Groot, 2003)

- Neurological fatigue: 'An overwhelming sense of tiredness, exhaustion, lack of energy, or difficulties with sustaining routine actions'

(Naess, et al 2005)



Fatigue – Definitions

- Neurological fatigue: 'comes on suddenly without warning, does not improve with rest, is abnormal or excessive, chronic in nature and unrelated to previous exertion levels'

(de Groot, 2003)

- Neurological fatigue: 'has several components – cognitive fatigue, social fatigue and physical fatigue, which may vary by individual'

(Ingles, 1999)



Post SAH Fatigue

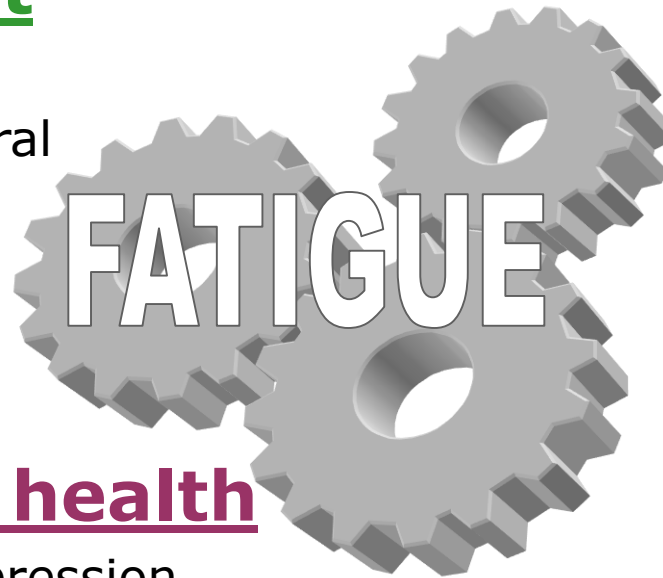
Primary & secondary fatigue

Environment

Physical, social,
institutional, cultural

Physical health

Other medical
conditions, side
effect of medications



Psychological health

Anxiety, stress, depression,
other

Sleep disorders

Primary, Secondary

Normal fatigue

Slide adapted from FACETS
programme



Primary fatigue



Brain recovery



Extra effort



Unknown factors



Secondary fatigue

Sleep



Low mood



Pain



Nutrition



Confusion



Medications



Anxiety
Stress

Environment



Deconditioning



Other medical conditions





What can we do about fatigue?





Fatigue Management Therapies

Exercise



Psychological



Energy effectiveness





Activity diary (example)

Time	F	V	S	Activity	Comment
6:00AM					
7:00AM	4	5	7	Fixing breakfast standing 15 minutes (cool)	Blurred vision
8:00AM					

1-10 (1= very low; 10 = very high)

F = **fatigue** level

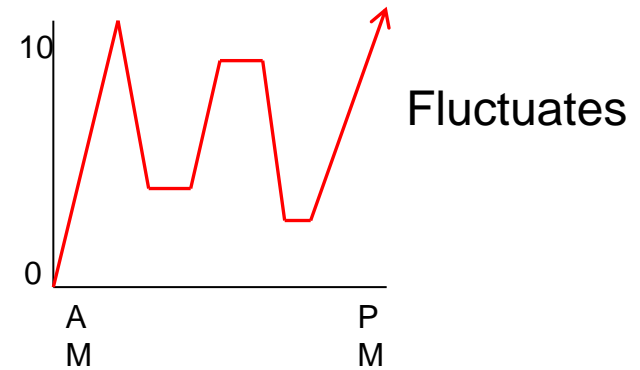
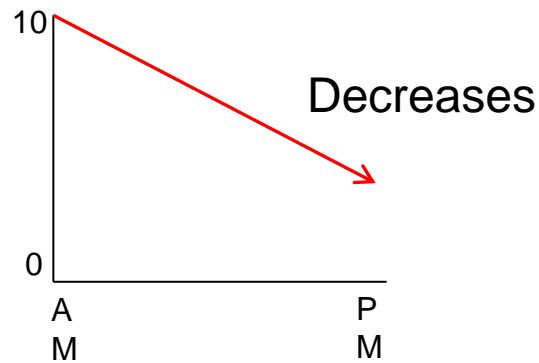
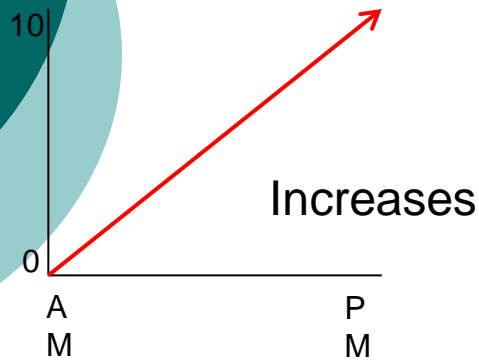
V = **value** of activity

S = **satisfaction** you feel with your performance

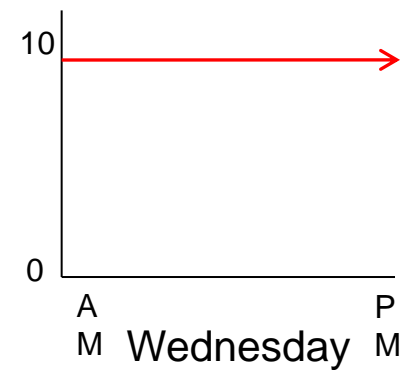
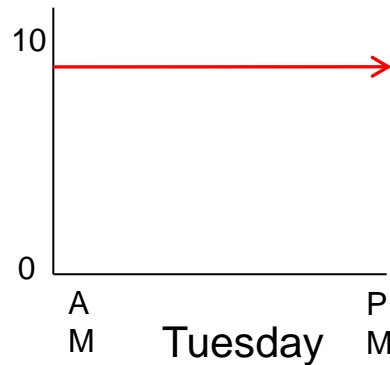
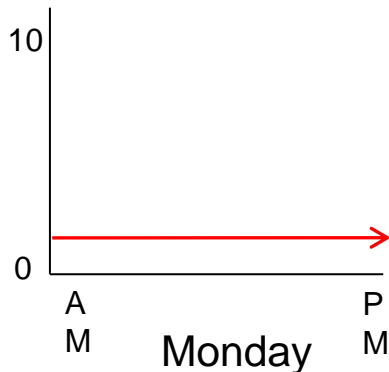
Comments: list all symptoms as they appear or worsen during the day, including cognitive problems, visual problems, weakness, dizziness etc.)



Fatigue patterns



Consecutive Days

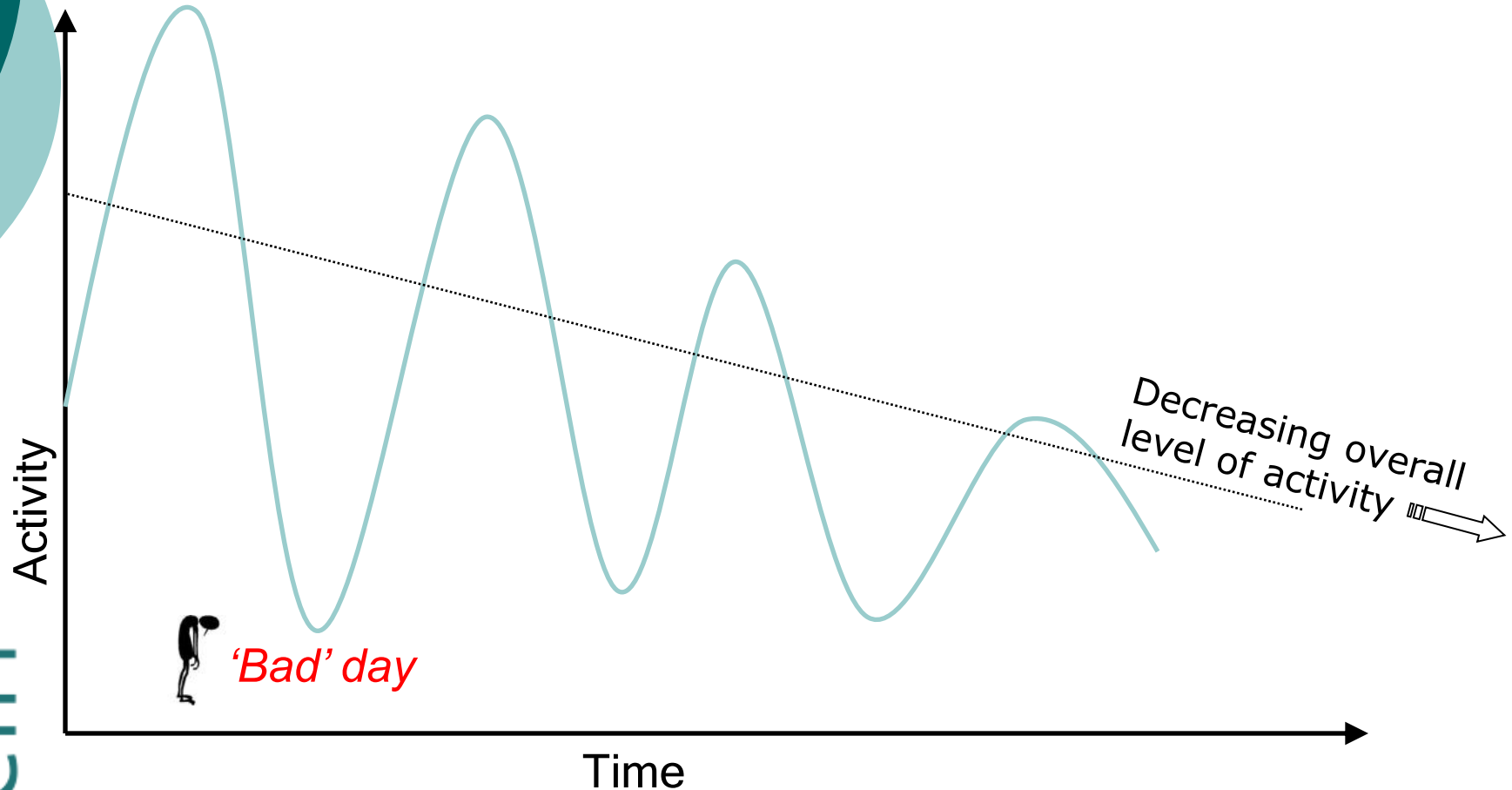




The Boom-and-Bust pattern

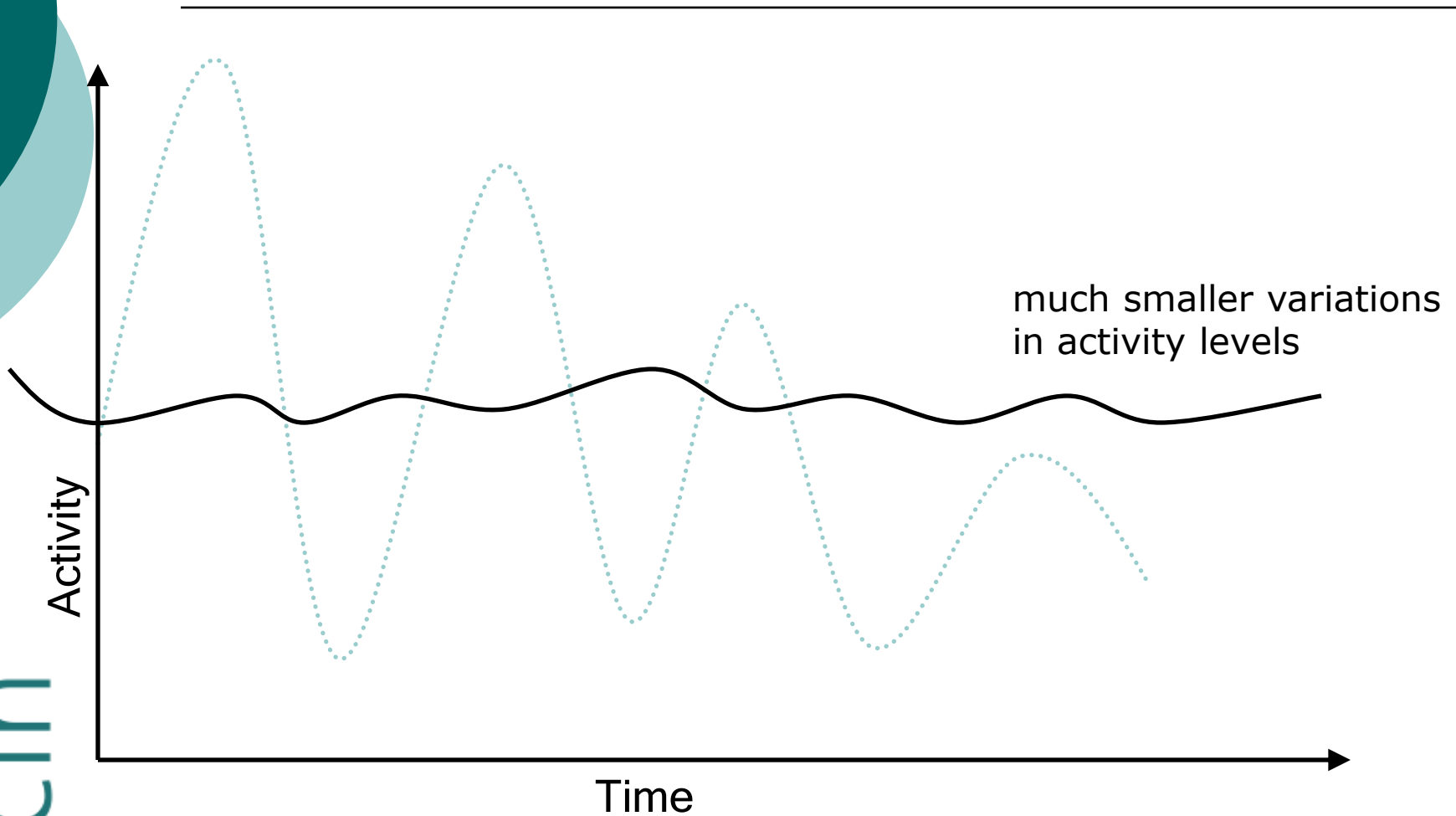


'Good' day





A base level of activity





Example energy measure

	LOW (not tiring)	MEDIUM (moderately tiring)	HIGH (very tiring)
	Listening to the radio Watching TV	Driving to work Playing Nintendo Wii Surfing the internet Talking on the phone Reading the newspaper Walking the dog	Socialising in the evening Gardening
	Light housework Brushing teeth Making a cup of tea	Making dinner Getting showered Attending meetings Walking up stairs Getting dressed	
		Washing the car	Mowing the lawn Going supermarket shopping Ironing Vacuuming <i>Slide from FACETS programme</i>



Your experiences of fatigue...

- Are you aware of any fatigue triggers?
- Are there any situations or factors that lessen your fatigue?



Examples of poor energy management



Overdoing it when energy is high & paying later

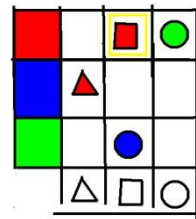
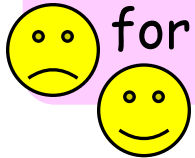
Feeling you have to push through & finish tasks in one go



Doing too little and feeling lethargic



Never having energy left for enjoyable activities



Not matching activities to energy levels

Not planning ahead

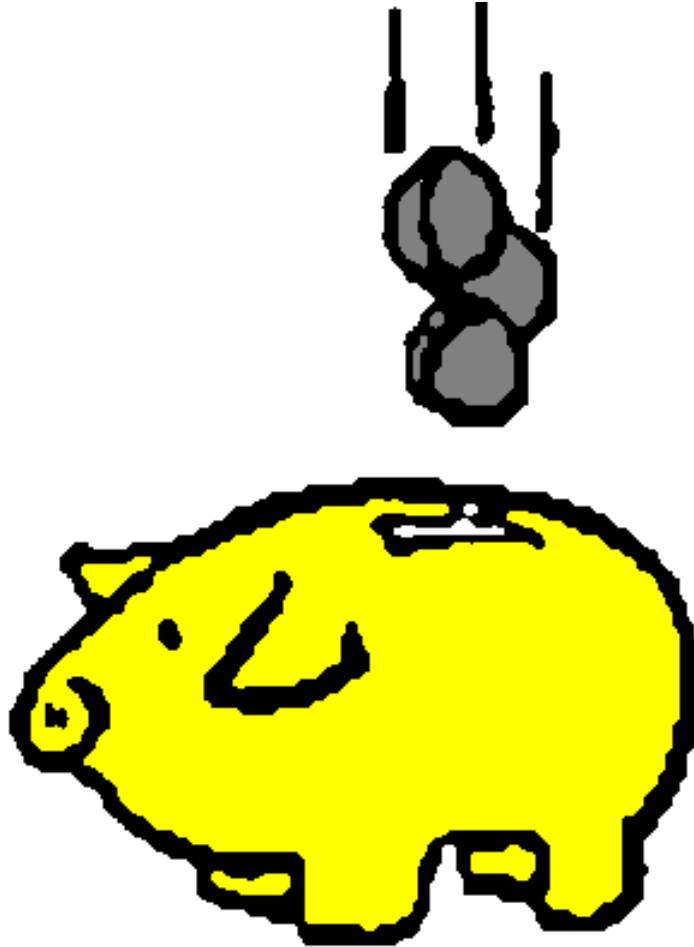


Finding it difficult to ask others to do things



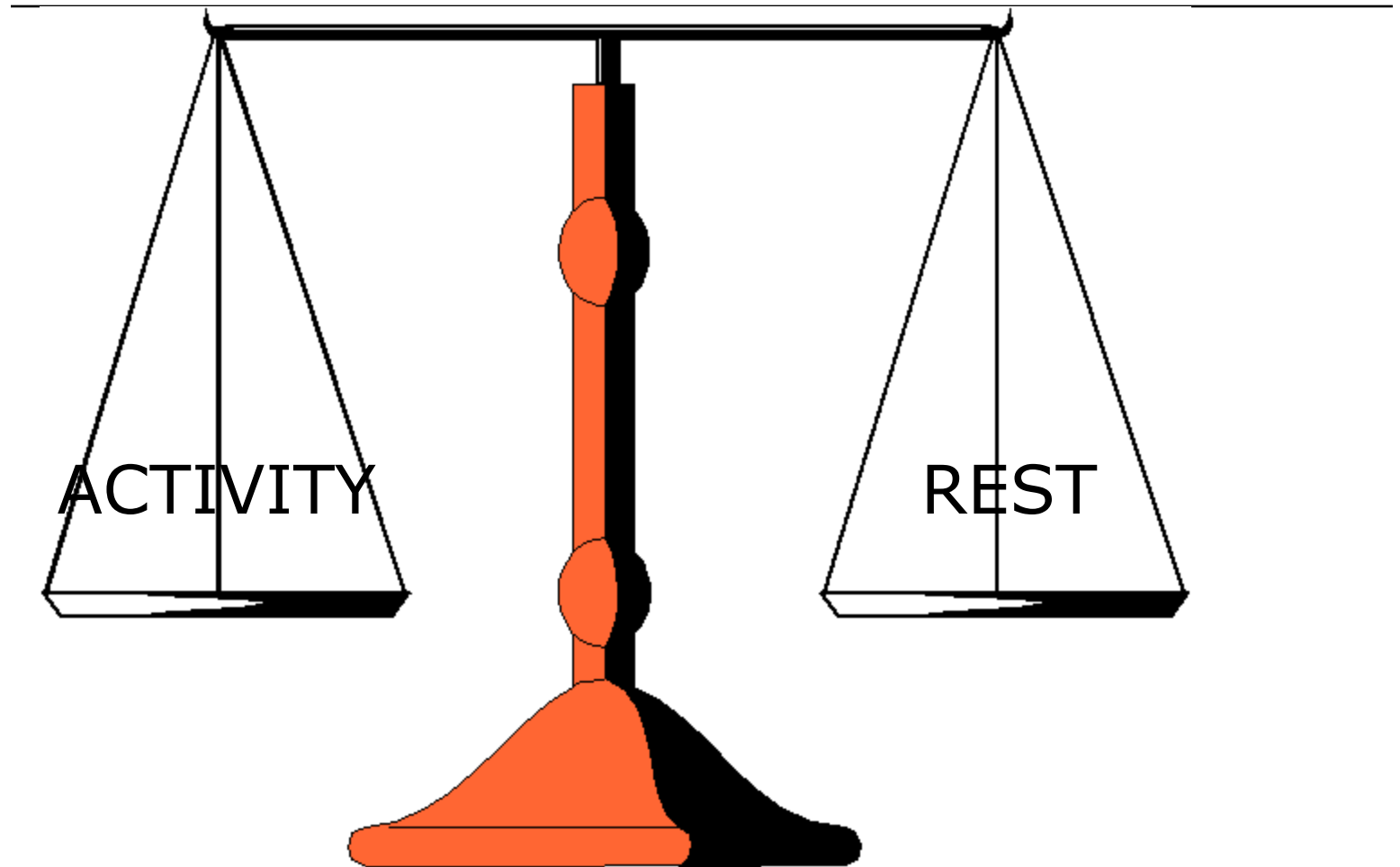


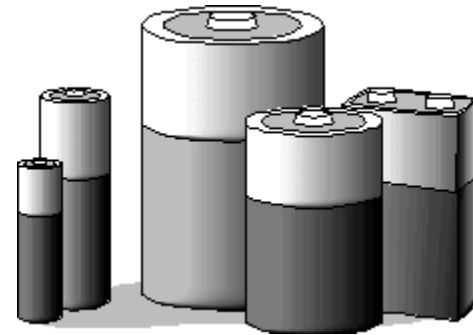
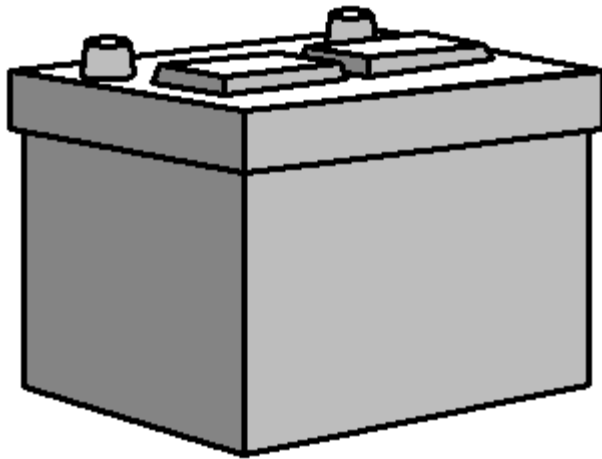
Energy bank





Balancing activity and rest







ACTIVITY

R
E
S
T

R
E
S
T

R
E
S
T

R
E
S
T



What you need in order to rest

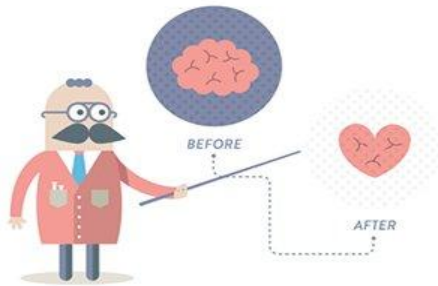
- A place
- A time
- A comfortable position
- Helpful techniques
- A willingness to practice



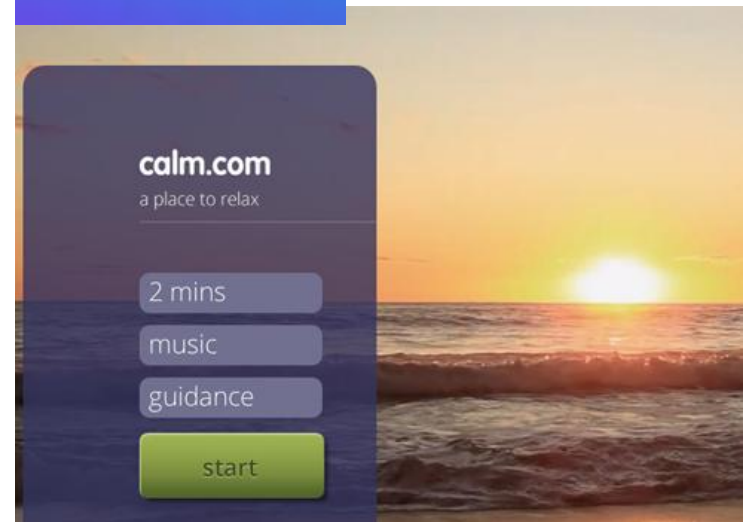


HEADSPACE

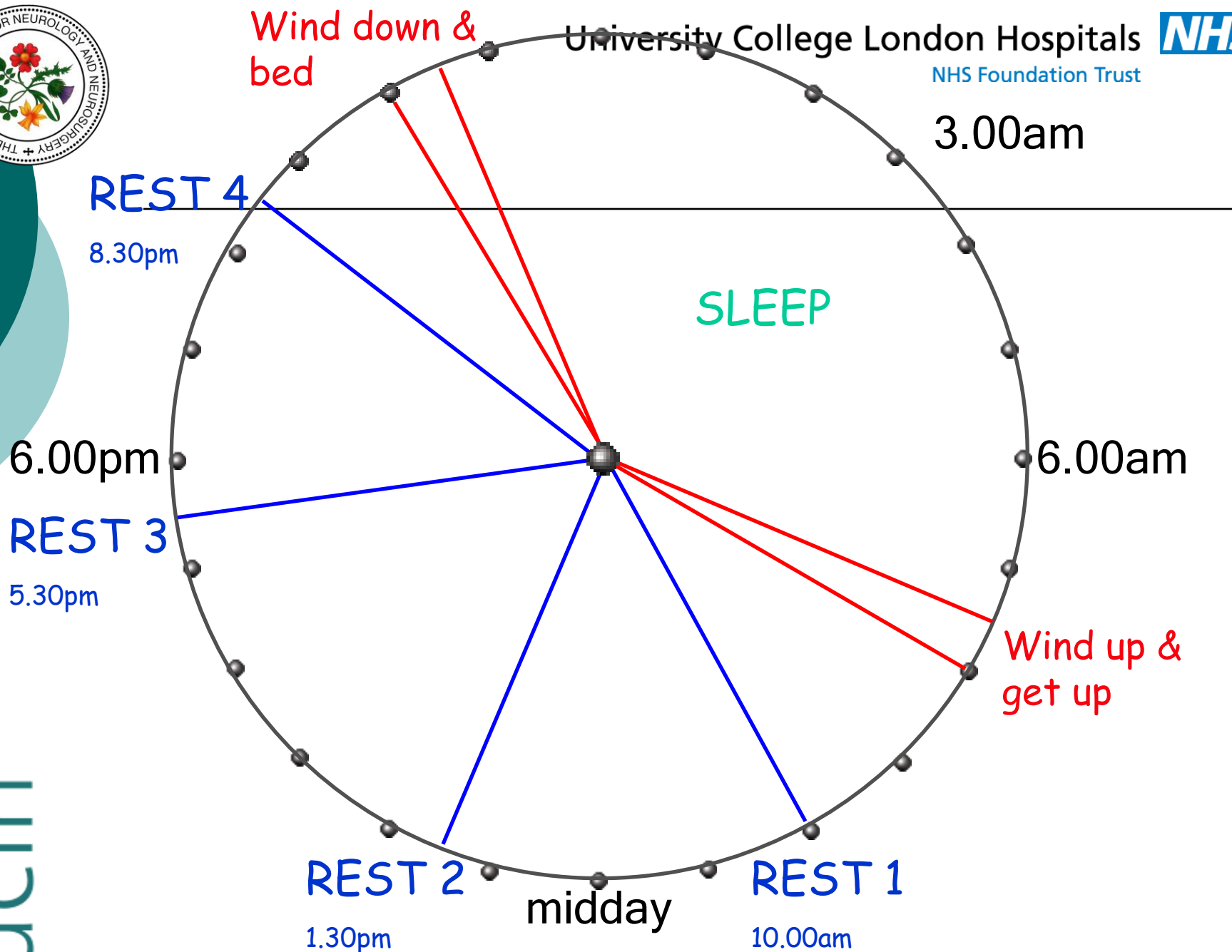
www.getsomeheadspace.com



Relaxation



Mindfulness





ACTIVITY=

Any task that requires energy
to perform it



What are the components of activity?

Physical



Social



Cognitive



Emotional







Prioritisation sheet

DO	DELAY	DELEGATE	DITCH
<ul style="list-style-type: none">• <i>Make sure this column contains some activities you enjoy doing as well as those you have to do</i>• <i>Can the activity be graded?</i>	<ul style="list-style-type: none">• <i>Can it wait?</i>	<ul style="list-style-type: none">• <i>Can you ask someone else to do it/or share the task?</i>	<ul style="list-style-type: none">• <i>Can you eliminate it altogether?</i>



"TIME NOT TASK"





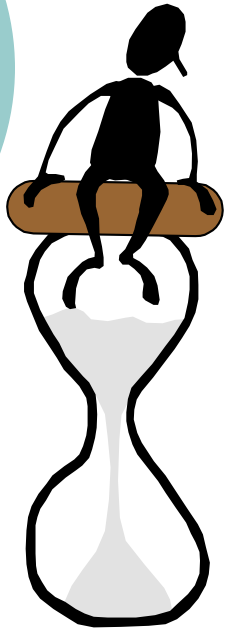
[Where possible]

replace TASK.....

- Clean the house
- Empty the ironing basket
- Prepare dinner
- Tidy office



....with TIME



- 15 minutes housework
- 20 minutes ironing
- 10 minutes peeling veg.
- 15 minutes tidying office



Possible areas for change

Rests



**Sleep/wake
routines**



Exercise



Relaxation



**Using the
toolbox**



**Scheduling of
activities**



**increasing
enjoyable
activities**





Summary of Fatigue Management Principles

- Rest and relaxation
- Prioritisation of daily activities
- Planning and adapting daily activities
- Organisation
- Good posture and positioning
- Healthy balanced diet
- Appropriate exercise





Take home points

- Post SAH fatigue is common to the condition
- Fatigue is unique to the individual
- There are ways to try to manage your energy more effectively...

"So.....try something"



References

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