

Cancer and Work Fatigue Tracking Tool

Instructions: For each week, select five typical working days. Print and use the chart below to track your fatigue level. Make sure to input your fatigue scores each part (start, middle, and end) of each day.



Not tired at all

0



A little bit tired

3



Somewhat tired

4



Moderately tired

6



Extremely tired

7-10

Mild tiredness

Minimal tiredness symptoms
 Able to carry out Activities of Daily
 Minimal Interference in self care, daily activity,
 work
 Go to page 2 for Prevention and Supportive Care

Moderate tiredness

Symptoms present and cause moderate to high
 levels of distress
 Decrease in daily physical activities, some
 impairment in physical functioning
 Go to page 3 for Non-Pharmacological
 Interventions for Somewhat Tiredness

Severe tiredness

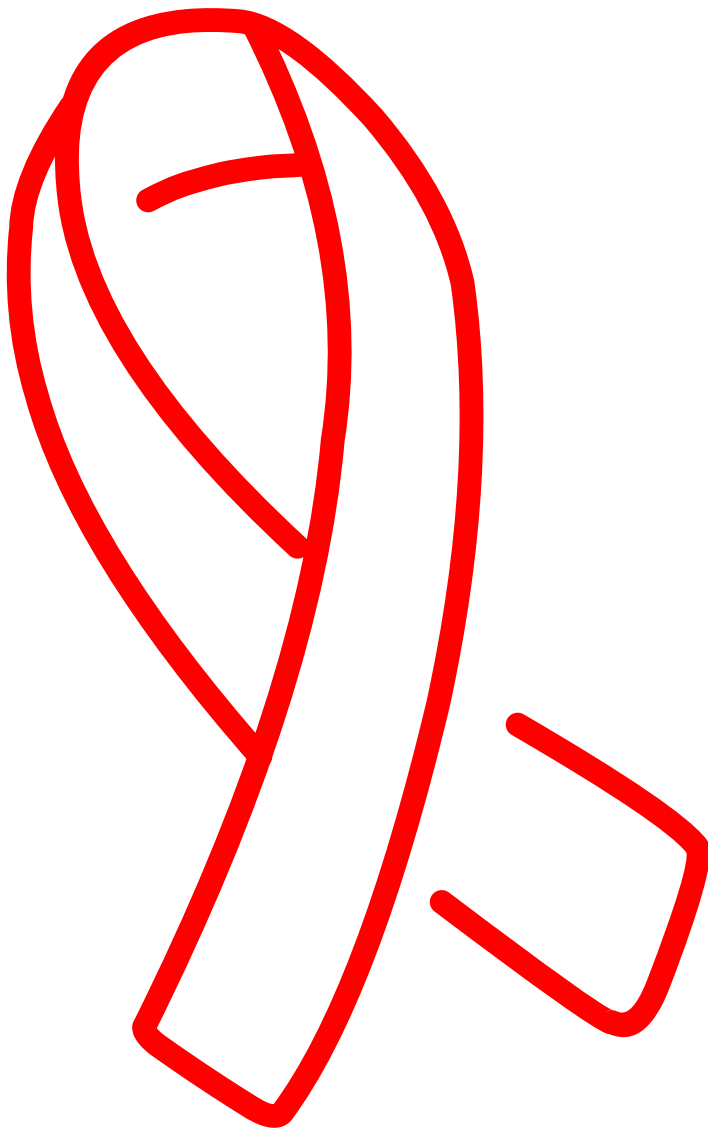
Significant tiredness on a daily basis,
 excessive need to sit or sleep, severe
 impairment of ADLs
 Sudden onset of tiredness and/or
 shortness of breath at rest, rapid
 heart rate and/or blood loss
 Go to page 3 for Non-
 Pharmacological Interventions for
 Worst Tiredness

Tracking your tiredness level Enter a number 0-10 for each part of the day		Day 1	Day 2	Day 3	Day 4	Day 5
Week One	Start of day					
	Middle of day					
	End of day					
Week Two	Start of day					
	Middle of day					
	End of day					
Week Three	Start of day					
	Middle of day					
	End of day					
Week Four	Start of day					
	Middle of day					
	End of day					

✓ When the chart is complete, go to <http://CancerAndWork.ca/fatigue> to receive your customized report!

Cancer-Related Fatigue in Adults with Cancer

PREVENTION AND SUPPORTIVE CARE
INTERVENTION FOR ALL PATIENTS



MILD TIREDNESS

LEARN:

- The difference between normal and cancer related tiredness treatment related tiredness patterns/fluctuations
- Persistence of tiredness post treatment Causes (contributing factors) of tiredness Consequences of tiredness
- Benefits of physical activity during and post treatment
- Signs and symptoms of worsening tiredness to report to health care professionals

FOLLOW:

- Balance energy conservation with activity as follows:
 - Help you prioritize and pace activities and delegate less essential activities
 - Balance rest and activities so that your prioritized activities are achieved
- Use of distraction such as games, music, reading, socializing

USE A TREATMENT LOG/DIARY:

- To monitor levels and patterns of tiredness
- To help ascertain peak energy periods
To help with planning activities

Cancer-Related Fatigue in Adults with Cancer

NON-PHARMACOLOGICAL INTERVENTIONS

MODERATE TO WORST TIREDNESS

- Advise patients to engage in moderate intensity of physical activity (e.g. fast walking, cycling, swimming, resistive exercise) during and after cancer treatment unless contraindicated/previous sedentary (30 minutes per day, 5 days per week as tolerated)
- Psychosocial interventions
- Psycho-education for self-management of fatigue (individual or group class)
- Anticipatory guidance about fatigue patterns
- Energy balancing and coping skills training
- Coaching in self-management and problem-solving to manage fatigue
- Refer for Cognitive Behavioural Therapy from trained therapist
- May experience improvement in fatigue from complementary therapies (Yoga, Mindfulness) Consultation/Referral to Rehabilitation Specialist if functioning impaired or need for supervised
- exercise
- Optimize sleep quality (see sleep disturbance guidelines)
- Stress reduction strategies may improve fatigue yoga mindfulness programs
- Attention restoring therapy may distract from fatigue– reading, games, music, gardening, experience in nature (Consensus) Advise patient there is insufficient evidence for pharmacological treatment, herbal medicines, or acupuncture