

# Fatigue management

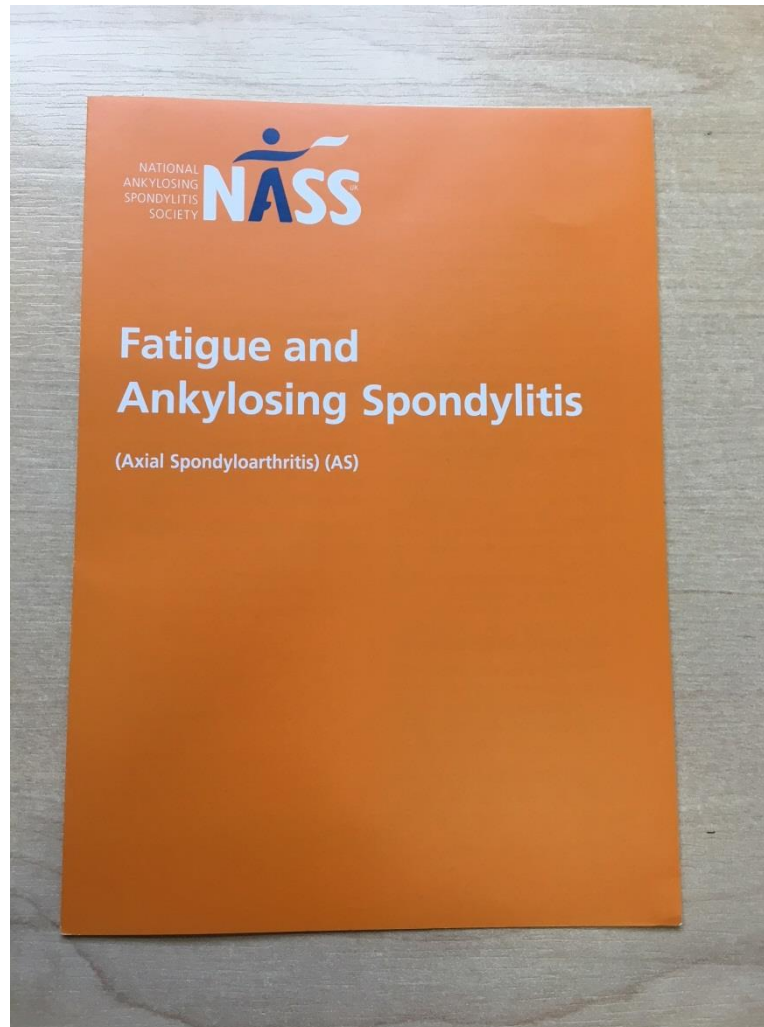
Dr Jane Martindale PhD, BA (Hons), Grad Dip Phys

# Fatigue management - AxSpA specific?

Have you asked if fatigue is a problem?

Q1  
BASDAI?

Do you collect this separately?



Do you acknowledge that fatigue is a problem shared by others with AS?

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# Reducing Arthritis Fatigue – Clinical Teams

## RAFT

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- Programme designed by University Hospitals Bristol, North Bristol NHS Trust and the University of the West of England
- Fatigue self management programme for ‘Inflammatory Arthritis’ (IA)
- 7 sessions – 6 consecutive weeks and a consolidation session
- Based on cognitive behaviour approaches
- Looks at the physical and psychological dimensions of IA
- Helps with understanding the impact of fatigue
- Explores how the patient can work with the clinician to manage their fatigue issues

‘It is not the symptoms that shapes how a patient responds to their Inflammatory Arthritis. Rather it is the meaning they make of them.’

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# Fatigue management is about:

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- **Balancing** daily activity and rest - 'planning and pacing'
- **Accepting** that they have Inflammatory Arthritis
- **Developing** a new concept of 'normality'
- **Understanding** that choosing to rest gives a feeling of control as opposed to exhaustion

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# ‘Ask don’t Tell’

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- People learn best by **problem solving by themselves**
- Clinicians have tools which are **guided questions** which prompt the patient to **reflect** and then **‘think things through’** for themselves
- This empowers the patient to **generate their ideas** for ways forward
- They can then set their **personal** and **achievable** goals

Remember that:

‘Activity includes mental and emotional activity as well as physical activity’

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# Examples of Socratic Questions

## 'Be curious; respectful and open, don't make assumptions'

### Open questions – understanding

- Can you give me an example?
- Could you explain a little more?

### Reflective questions?

- What do you make of all of this?
- Why do you think that you carried on whilst you were tired?

### Exploring alternative viewpoints

- What would you tell a friend who had said this?
- Can you think of anyone else who copes well with difficult situations?

### Exploring possible changes

- How could you do things differently?
- What do you think that you can change that will make things better for you?

### Listening skills

- Nod or say something to show that you are listening and empathic
- Think about what they do **not** say as this may be important

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# Pacing

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- Pacing is the way that all of us should balance our daily activity
- Although people know about pacing many overdo things 'Boom or Bust'
- 'Boom or Bust' can lead to avoidance of activity
- Activity Diaries: colour coded

## High Energy Activity

- Work/Housework
- Walking
- Looking after children/grandchildren

## Rest/Chill Out Time

- Listening to music
- Use of structured relaxation techniques

## Low Energy Activity

- Reading easy magazines
- Playing board games
- Chatting with a friend

## Sleep

The level of intensity doesn't depend on the task but on the amount of energy it uses, which can change day to day.

# Completed diary

Activity Diary

RAFT®



Week 1 _/_/___	Morning - am											Afternoon/evening - pm												
	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Day 1 <b>M</b>	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Green	Blue
Day 2 <b>T</b>	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Yellow	Yellow
Day 3 <b>W</b>	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Yellow	Yellow
Day 4 <b>T</b>	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Yellow	Yellow
Day 5 <b>F</b>	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Yellow	Yellow
Day 6 <b>S</b>	Red	Red	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Yellow	Yellow
Day 7 <b>S</b>	Red	Red	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Yellow	Yellow
<b>FRI SAT &amp; SUN - WORK</b>																								
Week 2 <del>9/7/18</del>	Morning - am											Afternoon/evening - pm												
	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Day 1 <b>M</b>	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Red	Red	Red	Red	Red	Red	Red	Red	Red	Green	Blue
Day 2 <b>T</b>	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Red	Red	Red	Red	Red	Red	Red	Red	Red	Yellow	Yellow
Day 3 <b>W</b>	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Red	Red	Red	Red	Red	Red	Red	Red	Red	Yellow	Yellow
Day 4 <b>T</b>	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Red	Red	Red	Red	Red	Red	Red	Red	Red	Yellow	Yellow
Day 5 <b>F</b>	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Red	Red	Red	Red	Red	Red	Red	Red	Red	Yellow	Yellow
Day 6 <b>S</b>	Red	Red	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Red	Red	Red	Red	Red	Red	Red	Red	Red	Yellow	Yellow
Day 7 <b>S</b>	Red	Red	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Green	Red	Red	Red	Red	Red	Red	Red	Red	Red	Yellow	Yellow
<b>FRI SAT &amp; SUN WORK.</b>																								

12.  
11:30  
1:30  
11:30  
2am

11:15  
12:30  
11:30  
2am

Key

High Energy Activity		Low Energy Activity		Rest or Chill Out Time		Sleep	
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## Case Study

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- 60 years old lady
- AS >30years, OA bilateral CMC joints, iritis, IHD,
- Recently increased working hours which includes cleaning duties. No help with all household responsibilities at home

Recent assessment	
BASMI	3.2
BASFI	7.9
BASDAI	8.9
Spinal pain	7.0
Fatigue (Q1 BASDAI)	9.0
Quality of sleep	Interrupted and unable to lie still

## Problems identified and solutions

	Area	Problem	Solution
1	ADL	Chair transfers, reaching feet and personal intimate care	Referral to social services for chair raises and aides to help with ADL
2	Fatigue Activity diary	<p>Recently increased working hours as a support worker which also includes household duties.</p> <p>Exhausted after work</p>	<p>Discussed lighter activity for 2 hours in the middle of a busy day. To consider splitting into 1 hour morning and 1 hour afternoon instead.</p> <p>Suggested partner (retired and avid sport watcher!) assists with domestic duties.</p> <p>Patient to let go of 'kitchen dominance'</p> <p>Suggested 'time for self' e.g. reading, relaxation CD – already helpful and to continue.</p> <p>Restart gym attendance</p>
3	Right CMC joint	Pain and function worsening and reduced hand function	Splint fitted and joint protection education

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## Outcome

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- Increased confidence to make changes in working and home life
- More positive about the future
- Empowered to be able to make realistic goals

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# Take home messages

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- 'Be kind to yourself' – change takes time
- Must be ready to make a change
- Making changes requires commitment and engagement
- Fatigue management is an individual problem solving experience
- People will have to reflect and 'think things through' for themselves
- Creating personalised 'ideas' on how to make changes gives 'ideas' greater value
- If you don't reach your goal immediately - step back and reflect again
- Be prepared to reset your goals and keep these realistic