



## CONSULTANTS IN MEDICAL ONCOLOGY AND HEMATOLOGY, PC

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## FATIGUE MANAGEMENT

**FATIGUE:** General weakness, exhaustion, or lack of energy.

**CALL IMMEDIATELY** with symptoms of chest pain, palpitations, progressive shortness of breath, pain during deep breathing, lightheadedness, unsteady gait or dehydration.

**REST AND SLEEP** are important:

- Report sleeping problems. The goal is uninterrupted sleep through the night.
- Plan time for rest each day.
- Take short nap or breaks during day rather than one long rest period.

**ACTIVITY and ENERGY CONSERVATION:**

- Pace yourself. Do activities you enjoy when your energy level is high.
- Try to maintain as close to your usual lifestyle as you can – do shorter versions of activities you enjoy.
- Take short walk or do light exercise to promote muscle strength. Regular exercise can decrease fatigue.
- Ask your physician if home Physical Therapy could help you.
- Simplify, prioritize, delegate. Ask family and friends to help with tasks you find taxing or difficult.

**NUTRITION:**

- Eat high protein, high calorie foods (cheese, eggs, yogurt, peanut butter, nuts).
- Eat your largest meal whenever you have the most energy during the day.
- On days you feel well, cook large portions of foods you like. Freeze the extra portions.

**MEDICATION ADJUSTMENTS:**

- Adjustments in pain medications, diuretics, blood pressure or other medications may be necessary.

**WHEN TO CALL:**

- Please call if you are concerned - on any day - at any time- about any issue!
- Please call EARLY if you are not well, so that office visit and IV fluids may be scheduled if needed.
- Lightheadedness, dizziness, or weakness.
- Temperature above 100.4.
- If you fall or feel unsteady when walking.