



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.