

# POST STROKE FATIGUE

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# DISCLOSURES

**Relationships with commercial interests: None**

**Potential for conflict(s) of interest: None**

# PRESENTATION OBJECTIVES

By the end of this presentation you will be able to:

- Better understand the experience of post stroke fatigue in the community.
- Apply the principles of management for post stroke fatigue.
- Incorporate important patient education points into your practice re: post stroke fatigue.

# POST STROKE FATIGUE

- Increasingly recognized.
- A constant lack of energy that negatively impacts quality of life, causes difficulties in performing everyday activities, and often does not improved with rest.
- Has been documented to persist chronically in some patients.
- Chronic outcomes are associated with many co-morbidities and health status.
- Some evidence has shown that increased activity/ active lifestyle helps with minimizing chronic post stroke fatigue.

# THE EXPERIENCE OF POST STROKE FATIGUE

- Theme 1: Lack of preparation for fatigue
- Theme 2: The continuous search for the cause of fatigue and social validation
- Theme 3: Fatigues impact on occupational performance
- Theme 4: Making attempts to cope and adapt in occupational performance

# OCCUPATIONAL THERAPY INTERVENTIONS

- Education (Patient and family)
- Task modifications
- Energy Conservation strategies
- Adaptive equipment
- Graded return to work \*

## REFERRAL TO OT

- Referrals to Community Occupational Therapists for new or long term post stroke fatigue can be made via the SELHIN.

## TAKE AWAY MESSAGES

- Patient education needs to be unified (Family physicians & Rehab Team)
  - Educate patients on what to expect re: post-stroke fatigue (ie. It is a symptom that most people experience, it usually dissipates over time, re-engaging in daily occupations via pacing and adaptation can help minimize the effects).
  - Validate the experience of post stroke fatigue to families whenever possible.
- Most patients will automatically be referred immediately after stroke to rehab – however if this did not occur please refer!

# DEPRESSION

- Depression is a common experience for stroke survivors. It is important to screen and make referrals to supports appropriately.
- Depression may make the rehabilitation process more challenging for survivors to do the hard work required.
- A psychologist or psychiatrist can help. Treating depression not only improves the survivor's mood, it boosts physical, cognitive and intellectual recovery.