

# Energy Conservation Strategies For Fatigue Management

## #1 Plan

- Schedule more demanding tasks during times of greater energy
  - Balance throughout week to avoid over-exhaustion
- Plan time for enjoyed leisure & exercise activities
- Plan ahead to get everything needed before starting a task
- Break tasks into smaller components & incorporate rest

## #2 Prioritize

- Reduce task demands
  - Use adaptive equipment that conserves your energy
- Eliminate unnecessary tasks & delegate tasks to others
- Combine tasks for efficiency if not too fatiguing

## #3 Pace Yourself

- Rest BEFORE fatiguing
- Take your time- Don't rush
- Balance rest & work as well as light & heavy tasks

## #4 Positioning

- Sit to work when possible
- Use long-handled reacher to minimize bending & reaching
- Avoid stressful positions- Poor posture consumes energy
- Maintain good body mechanics but regularly change positions
- Position frequently used items in easy-to-reach places

## #5 Pursed Lip Breathing

- Remember to breathe during all activities, tasks, & rest periods
- Relaxing- greater emptying of lungs & more oxygen to blood
- Inhale through nose 1-2 sec, then exhale through pursed lips (like you're whistling) 3-4 sec



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# Fatigue Diary

- Track the levels of fatigue you have during different times of the day & with different activities/tasks
- In order to...
  - Find patterns in fatigue throughout the day
  - Plan activities/tasks around fatigue levels
  - Find things that might be affecting fatigue
  - Learn what makes your fatigue improve or worsen

Day	Morning	Afternoon	Evening	Treatment or activity	Other notes
Monday	1	2	3	Had chemotherapy at 2pm. Or, went for a short walk.	Felt very tired and had a nap. Or, slept better after exercise.
Tuesday					

This example is from:

[https://www.macmillan.org.uk/images/Fatigue\\_diary\\_2018\\_tcm9-301706.pdf](https://www.macmillan.org.uk/images/Fatigue_diary_2018_tcm9-301706.pdf)

visit this website to download your own fatigue diary

Contact OT Student, Katie Henderson, for support putting these "5 P" strategies into action!  
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## References

Department of Physical & Occupational Therapy. (n.d.). *Energy Conservation*. Duke University. <https://sites.duke.edu/ptot/outpatient-services/patient-resources/energy-conservation/#:~:text=Energy%20conservation%20refers%20to%20the,%2C%20joint%20stress%2C%20and%20pain.&text=Work%20Simplification%20and%20Energy%20Conservation,have%20lasts%20throughout%20the%20day.>

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